

COOKING  
LIGHT

# Homestyle *Cookery*



NOW WITH  
FAT & FIBRE

OVER 150 RECIPES





# It's a piece of cake.

*It is! Cooking with NESTLÉ Melts is easy and sure to give you great results every time. The small NESTLÉ Melts buttons are easy to weigh and melt. They always set to a great looking smooth, glossy finish. And whether you're making a cake or truffle, it will be full of the delicious flavour of NESTLÉ Chocolate.*

## Two Tone Chocolate Mousse

*Dark Mousse: 180g NESTLÉ Choc Melts, 2 tblspns coffee, 2 eggs separated, 1 tblspn caster sugar, 150ml cream, whipped.*

*White Mousse: 125g NESTLÉ White Melts, 2 tblspns cream, 2 eggs separated, 1 tblspn caster sugar, 150ml cream whipped.*

*Using the same method for each chocolate mixture. Place NESTLÉ Melts (choc or white), coffee or cream in a bowl over simmering water.*

*Stir gently until melted and well blended. Remove from heat and stir in egg yolks.*

*Beat egg whites until soft peaks form, then beat in sugar until well blended.*

*Fold into chocolate mixture with whipped cream until well mixed.*

*When both mixtures are made, spoon alternatively into individual or a large bowl.*

*Chill for at least 4 hours or overnight. Hint: Crystallised Flowers: Garden flowers, egg white, caster sugar. Brush egg white onto petals, dip into caster sugar. Allow to dry on wire rack.*

*For more recipe ideas, write to Jenny Clarke at Nestlé Confectionery Ltd,  
PO Box 5006, Chatswood West, NSW 2057*

**Nestlé**

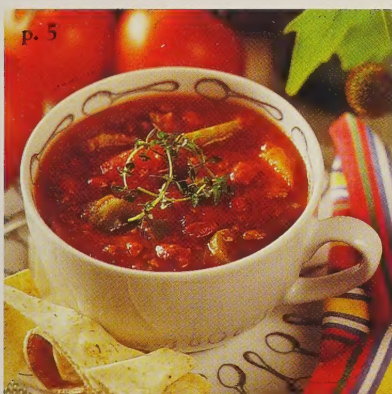
Société des Produits Nestlé S.A., Vevey, Switzerland, Trademark Owners.

*Life's a little bite better with Nestlé.*



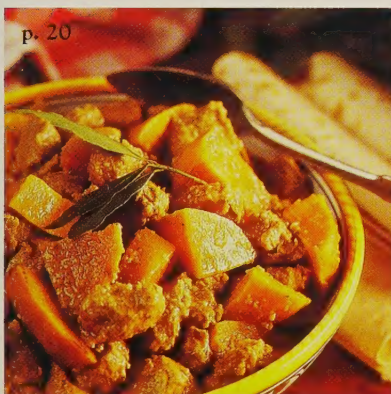
Lineas BAK356





**W**elcome to Homestyle Cookery, the first edition in our new Cooking Light series. We have included over 150 delicious recipes which are perfect for the whole family and are low in fat. We are sure that these great new recipes will make it even easier to stick to your healthy eating plan! Happy cooking!

Front Cover: Steak & Kidney Pie  
(Recipe on page 18)  
Back Cover: Lemon Cheese  
(Recipe on page 58)



Editor-In-Chief: **Heather Penn**  
Editor: **Claudia Bacetic**  
Publisher: **Rick Penn**  
Art Director: **Dorothy Woodgate**  
Cookery Editor: **Kay Vinson**  
Photography: **Ashley Mackevicius**  
Illustrations: **Penny Lovelock**  
Food Stylist: **Suzie Smith**  
Sub Editors: **Denise Shaw**  
Editorial Assistants: **Sharon England, Anna Crook**

Published by Fortuity Pty Ltd, Level 5, 40 Miller Street,  
North Sydney 2060, Australia.  
Ph: (02) 9928 1300 Fax: (02) 9923 2526  
Produced by Propaganda Print Pty Ltd, Darlinghurst, NSW.



All rights reserved. No part of this publication may be reproduced, stored in or introduced into a retrieval system, or transmitted, in any form or by any means (electronic, mechanical, photocopying, recording or otherwise) without the prior written permission of the publisher.

Fortuity Pty Ltd ACN 007-148-683.  
ISBN 0-646-21525-6



NOW WITH A NEW EASY OPENING RESEALABLE LID.



Very tasty, Weight Watchers long-life milk has the taste of regular milk. But it's actually 99.92% fat-free.

One sip and you'll say I don't believe it. But it's true.

And it's lower fat than any other milk. Fresh or long-life.

So now you can dive back into milk, on your healthy lifestyle diet.

*Weight Watchers®*

*Food that makes  
you feel good.*

MORE THAN  
**99.9%**  
FAT FREE





# Contents

## SOUPS

*Old-time slimming broths and soups.....4*

## LUNCHES & SNACKS

*Simple and delicious light meals to munch on. ....8*

## MAIN COURSES

*Mouthwatering dishes that are gentle on the waistline.....16*

## VEGIES, RICE & SALADS

*Tasty and low-fat side dishes. ....40*

## SAUCES & PRESERVES

*No-fuss, low-fat sauces and condiments that are rich in flavour. ....52*

## PUDDINGS & PIES

*Scrumptious desserts that are ideal for entertaining.....60*

## BAKING

*Breads, cakes and biscuits just like grandma used to make.....68*

## CHOCOLATE

*Heavenly chocolate treats that won't blow your diet.....86*

## DRINKS

*Refreshing thirst quenchers and warming toddies.....92*

Index.....95

Measurements and Conversions.....96



# Soups

*These hearty, homemade broths will fill you with warmth and goodness without adding centimetres to your waistline.*

## CURRIED CHICKEN SOUP WITH ALMONDS

480 gms chicken breast fillet  
(no skin)

4 cups water

1 tbs margarine

1 medium onion, chopped

1 clove garlic, crushed

1 stick celery, chopped

1 tbs curry powder

3 tbs plain flour

1 chicken stock cube

salt and pepper to taste

pinch cayenne pepper

1 cup evaporated skim milk

30 gms flaked almonds, toasted

**1** Cut chicken fillets into pieces and place in a large pot. Add 4 cups water and bring to the boil. Reduce heat, cover and simmer for 20 minutes. Remove chicken. Reserve 3 cups of stock.

**2** Heat margarine, add onion, garlic, celery and curry powder. Cook until the onion is transparent.

**3** Remove pan from the heat and stir



in flour. Cook for 1 minute. Gradually add reserved stock, stirring constantly until mixture boils and thickens.

**4** Reduce heat, add stock cube then season to taste.

**5** Add chicken meat and evaporated skim milk. Simmer gently for 5 minutes. Serve sprinkled with toasted almonds.

*Serves 6. Each serve provides: 1/3 milk, 1 fat, 2 protein, 1/2 vegetable, 1/4 bread and 80 extra kilojoules. Fat = 8g*

*Fibre = 1g*

## MEATY TOMATO SOUP

*(a meal in itself)*

280 gms lean mince beef

2 cloves garlic, crushed

2 large onions, chopped

4 sticks celery, chopped

2 large carrots, chopped

1 green capsicum, chopped

1 litre tomato juice  
(no added sugar)

1 x 410 gms can tomatoes

1 x 410 gms can red kidney beans

4 cups water

2 beef stock cubes, crumbled

2 tsp Mexican chilli powder

**1** In a large pot, brown the mince. Drain off excess fat. Add the garlic and onions. Sauté for 2 minutes. Add the celery, carrots and capsicum. Sauté for 2 minutes.

**2** Add remaining ingredients. Bring to the boil. Reduce heat and simmer, covered, for 30 minutes.

*Serves 6. Each serve provides: 2 protein, 3 vegetable, 2/3 fruit and 15 extra kilojoules. Fat = 2.5 g Fibre = 7g*

*Right: Meaty Tomato Soup*







## MUSHROOM AND POTATO SOUP

- 1 tbs margarine
- 300 gms potato, peeled and cubed
- 2 sticks celery, chopped
- 1 onion, chopped
- ½ red capsicum, chopped
- 2 chicken stock cubes
- 2 cups water
- 2 cups evaporated skim milk
- ½ tsp dried thyme
- salt and pepper to taste
- 4 cups fresh mushrooms, sliced
- 100 gms light sour cream
- 2 tbs fresh coriander, chopped

**1** In a large frypan, melt the margarine. Sauté the potatoes, celery, onion and capsicum until the onion is transparent.

**2** Dissolve the stock cubes in the water and stir into the vegetable mixture. Add the evaporated skim milk, thyme, salt and pepper. Bring to the boil. Reduce heat. Simmer, covered for 10 minutes or until potatoes are tender.

**3** Add mushrooms. Simmer for a further 5 to 10 minutes. Remove from heat and stir in light sour cream. Sprinkle with coriander.

*Serves 4. Each serve provides: 1 milk, 1 fat, 3 vegetable, ¾ bread and 225 extra kilojoules. Fat = 10 g Fibre = 4g*

## CHEESY VEGETABLE SOUP IN BREAD BOWLS

- 4 crusty round wholemeal bread rolls
- pinch of garlic salt
- 100 gms potatoes, diced
- ½ cup onion, chopped
- ½ cup carrots, peeled and sliced
- ½ cup celery, chopped
- 1 cup water
- 1 tbs reduced fat margarine

- 1 chicken stock cube
- 1 cup Weight Watchers Long Life Skim Milk
- 1 tbs plain flour
- 80 gms Weight Watchers Reduced Fat Shredded Cheese
- ½ tsp dry mustard
- dash Tabasco sauce
- ¼ cup apple juice, carbonated
- 1 tbs fresh parsley, chopped

**1** Pre-heat oven to 180°C.

**2** Using a sharp knife, carefully slice the top off the bread rolls. Remove the centre from the rolls leaving a thick crust. Cut the bread from the centre into croutons.

**3** Cover a large baking sheet with cooking spray. Arrange croutons on tray. Sprinkle lightly with garlic salt and cover with cooking spray. Place rolls and tops onto oven tray and bake for 5 minutes. Remove from oven.

**4** In a large saucepan, combine potatoes, onion, carrots, celery, water, margarine and stock cube. Bring to the boil, reduce heat and simmer for 30 minutes.

**5** In a food processor bowl, combine vegetables, milk and flour. Process until smooth.

**6** Return to pan and add cheese, mustard and tabasco. Cook and stir until cheese melts. Stir in apple juice.

**7** Ladle soup carefully into prepared bread rolls. Sprinkle parsley over each roll and serve with the croutons.

*Serves 4. Each serve provides:*

*¼ milk, ½ fat, 1 protein, ¾ vegetable, 2½ bread and 45 extra kilojoules.*

*Fat = 9 g Fibre = 5.5g*

## SPRING VEGETABLE SOUP

- 4 large carrots, chopped
- 2 large parsnips, chopped
- 2 celery sticks, chopped
- 2 large onions, chopped
- 4 chicken stock cubes, crumbled
- 4 cups water

- pepper to taste
- 6 tbs low-fat natural yoghurt
- 2 tbs fresh chives, chopped

**1** In a large pot, combine vegetables, stock cubes and water. Bring to the boil. Reduce heat. Cover and simmer for 1 hour.

**2** In a food processor or blender, puree the soup.

**3** Season with pepper. Serve, topped with yoghurt and garnish with chives.

*Serves 6. Each serve provides: 2 vegetable, ⅔ bread and 65 extra kilojoules. Fat = 0.5g Fibre = 4g*

## PUMPKIN SOUP

- 1 medium butternut pumpkin, peeled and chopped
- 2 large onions, chopped
- 2 sticks celery, chopped
- 2 cups water
- 2 chicken stock cubes, crumbled
- 2 cans evaporated skim milk
- ½ tsp nutmeg
- pepper to taste

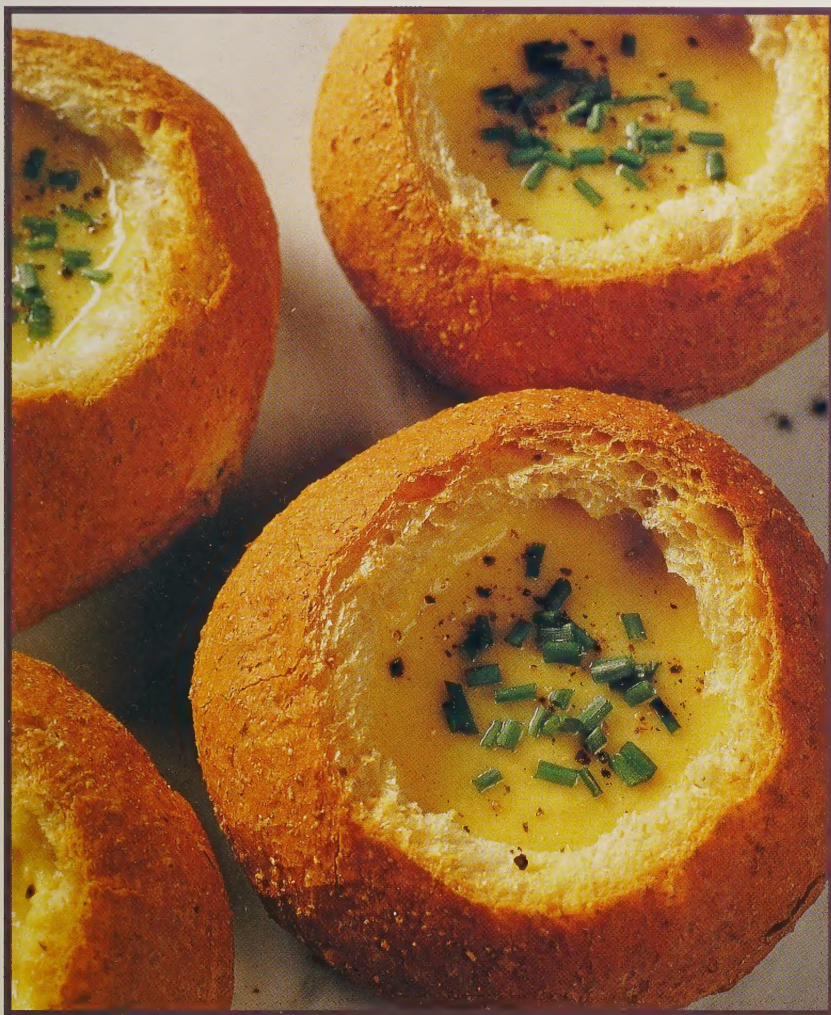
**1** In a large saucepan, combine, pumpkin, onions and celery with the water and stock cubes. Bring to the boil. Reduce heat and simmer covered for 15 minutes.

**2** Remove from heat and puree in a blender or food processor.

**3** Return to low heat and add evaporated skim milk and seasonings. Do not boil.

*Serves 6. Each serve provides: 1 milk, 2 vegetable and 15 extra kilojoules. Fat = 1.5g Fibre = 3g*





*Happiness  
may be thought,  
sought and  
caught — but  
never bought.*



*Left: Cheesy Vegetable Soup In  
Bread Bowls*

## CHICKEN & CORN CHOWDER

- 1 cup onion, finely chopped
- 1 cup celery, finely chopped
- 200 gms potato, peeled and cubed
- 2 chicken stock cubes, crumbled
- 4 cups water
- 1½ tbs margarine
- 2 tbs plain flour
- 1 cup creamed corn
- 2 x 375 ml cans evaporated skim milk
- 360 gms cooked chicken, diced
- salt and pepper to taste

**1** Place the onion, celery, potatoes,

stock cubes and water into a large saucepan. Bring to the boil. Reduce heat and simmer, covered, until vegetables are soft. Place in a blender and puree. Set aside.

**2** In the same pan, melt the margarine, add the flour and stir until smooth. Add corn and stir through. Remove from heat and add the evaporated skim milk stirring constantly. Add cooked chicken. Return to the heat and stir until mixture boils and thickens.

**3** Add the pureed vegetable mixture. Season to taste and stir until well combined.

*Serves 6. Each serve provides: 1 milk, 1 fat, 2 protein, ½ vegetable, 1 bread, and 15 extra kilojoules. Fat = 7g Fibre = 3g*

## MINESTRONE

- 2 onions, chopped
- 2 sticks celery, chopped
- 1 cup green beans, chopped
- 3 medium carrots, chopped
- 8 cups hot water
- 4 beef stock cubes, crumbled
- 2 x 410 gms can tomatoes
- 1 x 310 gms can butter beans
- ¼ cabbage, chopped
- 4 potatoes, diced
- 2 zucchinis, chopped

**1** Combine onion, celery, green beans, carrot and 4 cups hot water blended with the stock cubes. Bring to the boil.

**2** Add tomatoes with juice and drained butter beans.

**3** Add remaining water, boil for 10 minutes.

**4** Add cabbage, potatoes and zucchinis. Simmer for 1 hour.

*Serves 8. Each serve provides: 3½ vegetable, 1 bread and 20 extra kilojoules. Fat = 1g Fibre 7g*



# Lunches & Snacks

*Lunches and snacks just like Mum used to make  
— only these contain far less fat.*

## CHILLI CHEESE HAMBURGERS

- 450 gms lean minced beef
- 1 tsp Mexican chilli powder
- ½ tsp herb pepper seasoning
- 80 gms Weight Watchers Reduced Fat Shredded Cheese
- 1 small onion, sliced
- 8 lettuce leaves
- 1 tomato, sliced
- 4 pineapple rings
- 4 hamburger buns, toasted
- 8 tsp tomato and chilli sauce

**1** In a medium bowl, combine mince, chilli powder and herb pepper seasoning. Shape mixture into 4 patties, flatten slightly and divide the cheese among the patties. Fold in the sides of the patties to enclose the cheese and then flatten slightly again.

**2** Heat a large non-stick pan and cover lightly with cooking spray. Add patties and cook them on both sides until cooked through, then remove them from the pan.

**3** Add onion to the pan, cook until soft, drain on absorbent paper.



**4** Place lettuce, patties, onion, tomato and pineapple in hamburger buns. Top each hamburger with 2 tsp of tomato and chilli sauce.  
*Serves 4. Each serve provides: 4 protein, 1½ vegetable, 2 bread, 1 fruit and 50 extra kilojoules. Fat = 11g Fibre = 5g*

## PITA PIZZAS

- 4 small wholemeal pita bread
- 4 tbs tomato pureé
- 120 gms ricotta cheese
- 2 medium tomatoes, sliced
- ½ red capsicum, chopped

- ½ cup crushed pineapple
- 4 mushrooms, sliced
- ½ onion, sliced
- 4 tsp Parmesan cheese
- 1 tbs fresh basil and oregano, chopped
- freshly ground pepper

**1** Spread each pita bread with tomato pureé.

**2** Divide ricotta cheese evenly between the 4 pitas and spread over tomato pureé.

**3** Add tomato slices, capsicum, pineapple, mushrooms and onion rings.

**4** Sprinkle with Parmesan cheese, herbs and pepper and bake at 180°C until golden brown and bubbly.

*Serves 4. Each serve provides: ½ protein, 1½ vegetable, 2 bread, ¼ fruit and 50 extra kilojoules. Fat = 6 g Fibre = 4.5g*

*Right: Pita Pizzas*







### CHEESE AND HAM PINWHEELS

2 cups plain flour

1 tbs dried yeast

1 tbs mixed herbs

¼ tsp sugar

1½ cups warm water

120 gms lean ham, chopped

160 gms Weight Watchers  
Reduced Fat Shredded Cheese

**1** In a food processor, combine 1¾ cups of flour with yeast, herbs and sugar. Process for 30 seconds. Add 1 cup water and process. Add extra water if needed to make a firm yet smooth dough. Dough is ready when it forms a ball in processor bowl.

**2** Spray a large bowl with cooking spray. Place the dough into the bowl and cover with plastic wrap. Cover again with a tea towel and set aside in a warm place for 1 hour.

**3** Punch dough down. Remove from bowl and place on a surface sprinkled with remaining flour. Lightly knead dough and then roll it out into a rectangular shape about 5 mm thick.

**4** Sprinkle cheese evenly over the dough, then add the chopped ham. Starting at one long side, carefully roll dough over to form a long roll. Moisten flap with a little water and press to seal.

**5** Spray a large baking sheet with cooking spray. Place pinwheels so that the edges are touching.

**6** Cover with a tea towel and set aside for 30 minutes.

**7** Pre-heat oven to 200°C and bake pinwheels for 20 to 25 minutes until golden and crust sounds slightly hollow when tapped. Serve with soup, as a party snack or with vegetables for a main meal.

*Serves 6. Each serve provides:  
2 protein, 2½ bread and 5 extra  
kilojoules. Fat = 7.5g Fibre = 2g*

### SPANISH ONION AND HERBED COTTAGE CHEESE DIP

480 gms cottage cheese

100 gms light sour cream

2 tbs lemon juice

6 drops Tabasco

¼ medium Spanish onion, diced  
finely

2 tbs fresh parsley, chopped

2 tbs fresh coriander, chopped

1 clove garlic, crushed

freshly ground black pepper to  
taste

**1** Pureé the cottage cheese until smooth. Mix in the remaining ingredients and chill. Serve with fresh crudites.

*Serves 8. Each serve provides: 1 protein  
and 100 extra kilojoules. Fat = 8 g  
Fibre = 0g*

### CREAMY NUTTY CHEESE SANDWICHES

8 slices bread

60 gms avocado, mashed

120 gms cottage cheese

1 stick celery, chopped

¼ cup red capsicum, diced

2 tbs chives, chopped

60 gms cooked chicken, chopped

15 gms pistachio nuts, chopped

4 mignonette lettuce leaves,  
washed

**1** Spread the avocado evenly over the four slices of bread.

**2** Combine remaining ingredients and mix well. Spread filling over the avocado. Top with lettuce and remaining bread slices.

*Serves 4. Each serve provides: ½ fat,  
1 protein, 1 vegetable, 2 bread, and 90  
extra kilojoules. Fat = 11g Fibre = 5.5g*



*Right: Cheese And Ham Pinwheels*







### CHEESE AND TOMATO FRENCH TOAST

- 2 medium tomatoes, sliced
- 12 slices Weight Watchers bread
- 6 Weight Watchers Reduced Fat Cheese Slices
- 4 eggs, beaten
- ¼ cup Weight Watchers Long Life Skim Milk
- ¼ tsp dry mustard powder
- 1 tsp dried mixed herbs

**1** Divide the tomato slices evenly between six slices of bread. Top each with a slice of cheese. Cover with remaining bread slices and press firmly together. Refrigerate for one hour.

**2** Pre-heat a large non-stick pan and cover lightly with cooking spray.

**3** In a medium bowl combine the eggs, milk, mustard and herbs. Dip the sandwiches into the egg mixture and cook until browned on both sides.

*Serves 4. Each serve (1½ sandwiches) provides: 2½ protein, ½ vegetable, 2 bread and 25 extra kilojoules.*

*Fat = 15g Fibre = 5g*

### CHEESE AND CHIVES FRENCH TOAST

- 3 slices Weight Watchers bread
- 2 eggs
- 60 gms cottage cheese
- 1 tbs Weight Watchers Long Life Skim Milk
- 20 gms Weight Watchers Reduced Fat Shredded Cheese
- 2 tbs fresh chives, chopped
- 1 tsp fresh basil, chopped
- salt and pepper, to taste

**1** Cut each slice of bread into halves, diagonally.

**2** Beat eggs together until thick and frothy. Beat in cottage cheese, skim milk and shredded cheese until well

combined.

**3** Stir in the chives, basil, salt and pepper.

**4** Pre-heat a large non-stick pan and cover lightly with cooking spray.

**5** Dip the bread halves into the mixture until saturated. Cook in the pan until browned on both sides.

*Serves 2. Each serve (three halves) provides: 2 protein, 1 bread and 15 extra kilojoules. Fat = 13 g Fibre = 2g*

### SAVOURY HAM BREAD BAKES

- 12 slices Weight Watchers bread
- 30 gms lean ham, chopped
- 3 shallots, sliced
- 40 gms Weight Watchers Reduced Fat Shredded Cheese
- ¼ cup red capsicum, chopped
- 3 eggs, lightly beaten

**1** Pre-heat oven to 180°C

**2** Remove bread crusts carefully, using a sharp knife. Discard.

**3** Spray muffin pans with cooking spray.

**4** Flatten bread slices carefully with a rolling pin.

**5** Push bread slices gently into pans, spray lightly with cooking spray and bake in oven for 10 minutes. Allow to cool.

SAVOURY HAM FILLING:

**1** In a medium bowl, combine the ham, shallots, cheese, capsicum and eggs. Mix well.

**2** Pour evenly into the 12 bread cases.

**3** Place in oven for 15 to 20 minutes.

*Serves 4. Each serve (3 cases) provides: 1½ protein, ¼ vegetable and 1½ bread. Fat = 11g Fibre = 4.5g*

### MUSHROOM AND TOMATO BREAD BAKES

- 12 prepared bread cases (See Savoury Ham Bread Bakes this page)
- ½ cup onion, chopped
- 2 cups mushrooms, sliced
- 12 sun dried tomatoes (not packed in oil), chopped
- ½ green capsicum, chopped
- 2 tbs fresh basil, chopped
- 2 tsp cornflour
- 2 tsp Worcestershire sauce

**1** Spray a large pan with cooking spray. Add onion and sauté for 1 to 2 minutes.

**2** Add mushrooms, tomatoes, capsicum and basil. Cook, stirring lightly until mushrooms are soft.

**3** Sprinkle cornflour over and stir through. Add Worcestershire sauce and stir through.

**4** Spoon mixture evenly into prepared bread cases. Place in moderate oven (180°C) for 10 minutes to heat through.

*Serves 6. Each serve provides: 1½ vegetable, 1 bread and 20 extra kilojoules. Fat = 2g Fibre = 5g*

### STRUDEL AND CUSTARD BREAD BAKES

- 12 prepared white bread cases  
(See Savoury Ham Bread Bakes this page)
- 2 small green apples, peeled, cored and sliced
- 20 gms sultanas
- 20 gms raisins
- 20 gms fresh dates, chopped
- 1 tbs lemon juice
- 2 eggs
- ½ cup evaporated skim milk
- 2 tsp cornflour
- 1 tsp grated lemon rind
- 2 tsp sugar





**1** In a small microwave dish, combine fruits and juice. Cook on high for 4 minutes. Set aside.

**2** In a medium mixing bowl, beat together remaining ingredients.

**3** Divide fruit evenly between the bread cases. Pour milk mixture over evenly. Bake in a moderate oven (180°C) until custard is set.

*Serves 4. Each serve provides: ¼ milk, ½ protein, 1½ bread, 1 fruit and 130 extra kilojoules. Fat = 5.5g Fibre = 6.5g*

## ONE STEP QUICHE

3 eggs

½ cup self raising flour

1½ cups evaporated skim milk

60 gms Weight Watchers Reduced Fat Shredded Cheese

180 gms cooked chicken, chopped

½ medium onion, chopped

salt and pepper to taste

2 tbs fresh basil, chopped

**1** In a medium bowl, combine eggs, flour and milk.

**2** Add cheese, chicken, onion, seasonings and herbs.

**3** Spray a medium pie plate with cooking spray. Pour mixture into dish and bake at 180°C for 35 to 40 minutes.

*Serves 6. Each serve provides: ½ milk, 2 protein, ½ bread and 15 extra kilojoules. Fat = 7g Fibre = 0.5g*

## CHEESY MUFFIN MELTS

2 English muffins, split

4 tsp American mustard

4 slices lean ham

1 large tomato, sliced

4 Weight Watchers Reduced Fat Cheese Slices

**1** Toast each muffin half under the griller.

**2** Spread with mustard and top with ham slices. Return to griller, to heat ham (careful not to burn).

**3** Top with tomato slices and lastly cheese slices. Return to the griller and cook until cheese is melted.

*Serves 4. Each serve provides:*

*2 protein, ½ vegetable and 1 bread.*

*Fat = 6.5g Fibre = 1.5g*

*Above: Savoury Ham Bread Bakes*



## POTATO OMELETTE

- 1 tbs olive oil
- 4 x 100 gms potatoes, peeled and sliced thinly
- 1 clove garlic, crushed
- 1 small onion, chopped
- ½ red capsicum, chopped
- 6 eggs
- 2 tbs Weight Watchers Long Life Skim Milk
- 2 tbs fresh parsley, chopped
- 2 tbs fresh basil, chopped
- fresh ground pepper

**1** Heat oil in a non-stick pan. Add potatoes and garlic and cook until potatoes are soft.

**2** Add onion and capsicum and cook for a further 2 minutes. Stir to combine.

**3** In a large bowl, combine eggs, milk, herbs and pepper. Beat well.

**4** Pour egg mixture into pan with potato mixture. Cook until eggs are nearly done. Cut omelette into quarters and turn each section to cook the other side.

*Serves 4. Each serve provides:*

*1 fat, 1½ protein, ½ vegetable,  
1 bread and 15 extra kilojoules.*

*Fat = 13g Fibre = 2.5g*

## CHEESE DIP

- 100 gms light cream cheese
- 120 gms ricotta cheese
- 2 gherkins, chopped
- 1 small onion, finely chopped
- 20 gms Weight Watchers Reduced Fat Tasty Cheese, finely grated
- 20 gms reduced fat processed cheddar cheese, grated
- 2 tsp Worcestershire Sauce
- 2 tsp curry powder
- 2 tsp paprika

**1** Soften light cream cheese and combine with ricotta, gherkins, onions and grated cheeses. Add Worcestershire Sauce and mix well.

**2** Add curry powder and paprika. Serve with crudites and water crackers.

*Serve 8. Each serve provides: ½ protein and 100 extra kilojoules. Fat = 5g Fibre = 0.5g*

## TURKEY CREPES

- 240 gms plain flour
- 3 eggs, beaten
- 1 cup Weight Watchers Long Life Skim Milk
- ¾ cup buttermilk
- 1 tbs margarine, melted
- FILLING:**
- 1 large onion, chopped
- ½ red capsicum, sliced
- 1 stick celery, chopped
- 2 small zucchinis, chopped
- 2 chicken stock cubes, crumbled
- 1 tbs plain flour
- 2 tbs dry white wine
- 1 cup evaporated skim milk
- 360 gms cooked turkey meat, chopped
- 60 gms Weight Watchers Reduced Fat Shredded Cheese

**1** Sift the flour into a bowl and pour in the eggs, milk and buttermilk.

**2** Beat the mixture well and add the margarine. Pour into a jug and stand for 1 hour.

**3** Heat a non-stick pan, spray lightly with cooking spray. Pour 2 to 3 tbs of batter onto pan and tilt to spread the mixture thinly. Cook until lightly brown on each side. Keep warm until filling is prepared

**FILLING:**

**1** Heat a large pan and spray with cooking spray. Add onions, capsicum, celery and zucchini. Sauté for 2 to 3 minutes.

**2** Stir in the stock cubes and flour. Add wine and milk and stir over low heat until thickened.

**3** Add turkey and stir lightly. Season to taste. Divide filling evenly between the 12 crepes and roll up to enclose the filling. Lay filled crepes seam side down in a large baking dish and sprinkle with cheese. Cover the dish with foil and bake in a moderate oven (180°C) for 25 minutes. *Serves 6. Each serve provides: ⅔ milk, ⅔ fat, 2½ protein, ½ vegetable, 2 bread and 70 extra kilojoules.*

*Fat = 8.5g Fibre = 2.5g*

## CRUSTY MEATLOAF

- 2 x 30 cm French bread sticks
- 440 gms lean minced beef
- 2 carrots, grated
- 3 shallots, chopped
- 1 cup evaporated skim milk
- ¼ cup tomato paste
- 2 tbs parsley, chopped
- 1 tsp garlic powder
- 80 gms Weight Watchers Reduced Fat Shredded Cheese

**1** Slice off the top of the bread, lengthwise. Scoop out the centre and crumb.

**2** Mix the crumbs with the remaining ingredients, except for the cheese. Combine thoroughly.

**3** Press half of the mixture firmly into the hollowed out bread crusts. Sprinkle the cheese over then add the remaining meat mixture. Replace the bread top.

**4** Wrap securely in foil that has been lightly sprayed with cooking spray. Bake at 180°C for 40 to 50 minutes.

Can be served hot or cold.

*Serves 6. Each serve provides: ⅓ milk, 2½ protein, 3 vegetable and 2½ bread.*

*Fat = 8.5g Fibre = 2g*





### CRUNCHY CRUST FRENCH TOAST

2 eggs

1/3 cup milk

2 tsp Splenda

pinch of cinnamon

2 tbs desiccated coconut

60 gms cornflakes, crushed

4 slices bread, halved

**1** Combine eggs, milk, Splenda and cinnamon.

**2** In a separate bowl, mix coconut and cornflakes.

**3** Dip bread slices in egg mixture then coat with cornflake mixture.

**4** Heat a large non-stick pan, spray with cooking spray and add bread

slices. Cook until light golden brown.

*Serve 4. Each serve provides: 1/2 protein, 1 1/2 bread and 135 extra kilojoules. Fat = 6.5g Fibre = 3g*

### CRUNCHY TUNA DIP WITH LAVASH BAKES

240 gms ricotta cheese

2 tbs natural low fat yoghurt

185 gm can tuna, in spring water

1 stick celery, chopped

2 spring onions, chopped

1 tbs lemon juice

freshly ground pepper

1 tbs fresh coriander, chopped

2 sheets Lavash bread

**1** Blend cheese and yoghurt until smooth. Add all other ingredients and mix well. Serve with crudites and Lavash Bakes.

LAVASH BAKES:

**1** Cut Lavash bread into fingers. Place on a baking tray that has been sprayed with cooking spray. Lightly spray the Lavash fingers and bake at 180°C for 10 minutes, until crisp.

*Serves 6. Each serve provides:*

*1 protein, 1/2 vegetable, 1 bread and 10 extra kilojoules. Fat = 5.5g Fibre = 1g*

*Above: Crusty Meatloaf*



# Main Courses

*Satisfy hearty appetites and slim down as well with these all-time family favourites.*

## MEATLOAF

- 1 large onion, peeled and roughly chopped
- 1 large carrot, scrubbed and roughly chopped
- ½ red capsicum, roughly chopped
- 1 stick celery, roughly chopped
- 2 cloves garlic
- 1 tsp mixed dried herbs
- few sprigs fresh parsley
- 8 fresh basil leaves
- 90 gms dry rolled oats
- 1 egg
- ¼ cup tomato paste
- 2 beef stock cubes, crumbled
- 720 gms lean minced beef

- 1** In a food processor bowl, place onion, carrots, capsicum, celery and garlic. Process until finely chopped.
- 2** Add herbs, parsley, basil, oats, egg, tomato paste and stock cubes. Process for 20 seconds until combined.
- 3** Add mince and process until well mixed with other ingredients.
- 4** Lightly spray a large baking dish with cooking spray. Push meat mixture into dish and bake at 180°C for



40 to 45 minutes until browned and slightly crunchy on top.  
*Serves 6. Each serve provides:*  
3 protein, 1 vegetable, ½ bread and 65 extra kilojoules. Fat = 10g Fibre = 2.5g

## ENCHILADAS

- 480 gms lean minced beef
- 2 cloves garlic, crushed
- 1 cup onion, diced
- ½ cup celery, diced
- ½ cup carrot, diced
- ½ cup zucchini, diced
- 1 packet taco seasoning mix
- 1 cup tomato paste

- 1½ cups canned tomatoes
- ½ to ¾ cup water
- 6 large flour tortillas
- 1 jar salsa sauce (mild, medium or hot)
- 180 gms Weight Watchers Reduced Fat Shredded Cheese

- 1** Pre-heat oven to 180°C.
  - 2** Spray a large 36 x 23 cm baking dish with cooking spray.
  - 3** In a large frypan, brown the mince. Drain away any fat. Add the garlic, onion, celery, carrot, and zucchini. Stir through mince and cook over medium heat for 2 to 3 minutes.
  - 4** Add taco seasoning mix and combine. Then add tomato paste, tomatoes and water. (Should be the same consistency as Bolognaise sauce.) Allow the mixture to cool slightly.
  - 5** Place ¾ cup of the mixture into each tortilla towards one edge. Roll into a parcel shape and place seam-side down in prepared baking dish. Repeat for the remaining tortillas.
  - 6** Mix salsa sauce with remaining mince mixture and spoon evenly over parcels. Top with grated cheese and bake in the oven for 20 minutes.
- Serves 6. Each serve provides:* 3½ protein, 3 vegetable, 2 bread and 60 extra kilojoules. Fat = 15g Fibre = 3.5g



*Encabildadas*





### STEAK AND KIDNEY PIE

#### PASTRY:

1 cup plain flour

½ tsp baking powder

1 egg

1½ tsp margarine

sufficient water to make a firm dough

1 egg white (for glaze)

#### FILLING:

1 onion, chopped

2 cloves garlic, chopped

560 gms lean topside steak, cubed

160 gms lamb's kidneys, chopped

1 carrot, diced

1 stick celery, diced

125 gms mushrooms, sliced

2 beef stock cubes, crumbled

1 cup water

¼ cup red wine

2 tbs tomato paste

2 tbs Worcestershire Sauce

1 tsp dried mixed herbs

**1** Spray a large non-stick pan with cooking spray. Add onion and garlic and sauté for 1 to 2 minutes. Add meat and kidneys and cook until meat is browned.

**2** Add carrot and celery. Cook for 2 minutes. Stir in the mushrooms.

**3** Add stock cubes, water, wine, tomato paste, sauce and herbs. Stir through. Bring to boil. Reduce heat. Cover and simmer for 30 minutes.

#### PASTRY:

**1** In a food processor bowl, combine flour, baking powder, egg and margarine. Pulse until well mixed.

**2** Add sufficient water, 1 tbs at a time, until a firm dough forms.

**3** Roll out to a 30 cm square.

**4** Spray a deep dish with cooking spray. Spoon cooked meat mixture into dish.

**5** Cover with pastry. Cut a small hole in top so steam can escape.

Crimp edge and use trimmings to cut leaf shapes to decorate top of pie. Glaze with egg white.

**6** Bake at 200°C for 40 minutes, or until crust is golden brown.

*Serves 6. Each serve provides:*

*1 fat, 3 protein, 1 vegetable, 1 bread and 150 extra kilojoules. Fat = 9g*

*Fibre = 6.5g*

### OLD FASHIONED BEEF CURRY

720 gms lean topside steak, diced

2 tbs plain flour

4 sticks celery, chopped

4 carrots, chopped

2 onions, chopped

2 cloves garlic, crushed

1 tsp fresh green ginger, chopped

1 apple, cored and chopped

2 tsp curry powder

1 tbs brown sugar

2½ cups water

4 beef stock cubes, crumbled

40 gms sultanas

3 cups cooked rice

**1** Toss meat in flour.

**2** Spray a large pot with cooking spray. Brown half of the meat well, remove from the pan. Brown remaining meat, remove from pan.

**3** Place into pan, celery, onions, carrot, garlic, ginger, apple and curry powder. Sauté for about 2 minutes.

**4** Add sugar, water, stock cubes, sultanas and cooked meat. Stir until mixture boils. Reduce heat and simmer, covered for 40 to 45 minutes or until meat is tender. Serve with rice.

*Serve 6. Each serve provides: 3 protein, 1½ vegetable, ½ fruit and 135 extra kilojoules. Fat = 4.5g Fibre = 4.5g*

### STEAMED MEAT AND VEGETABLE PUDDING

480 gms lean round steak, cubed

2 medium carrots, diced

3 tomatoes, chopped

2 onions, chopped

2 cups water

2 beef stock cubes

1 tbs chopped parsley

salt and pepper to taste

#### BATTER:

6 tbs self raising flour

1 tsp margarine

1 egg

¾ cup buttermilk

1 tbs cornflour

1 tsp dried mixed herbs

**1** Combine steak, vegetables, water and seasonings. Bring to the boil. Reduce heat and simmer, covered for 40 to 45 minutes or until meat is tender.

**2** Pour off liquid and reserve. Cool meat and vegetables.

**3** Combine all batter ingredients and beat until smooth.

**4** Stir meat and vegetables into mixture. Pour into a 6 to 8 cup pudding basin or steamer that has been sprayed with cooking spray. Cover securely with a layer of grease proof paper and foil tied with string and steam for 2 hours.

**5** Combine the reserved liquid with 1 tbs of cornflour. Add 1 tsp dried mixed herbs and stir over the heat until the gravy boils and thickens. Serve with the Meat Pudding.

*Serves 4. Each serve provides: ¼ milk, 3 protein, ¾ bread, 2¼ vegetable and 135 extra kilojoules. Fat = 5g Fibre = 3.5g*

*Right: Steak & Kidney Pie*









*Herbed Pork Casserole*



## VEAL MARSALA

- 1 tbs olive oil
- 4 x 160 gms veal steaks, no visible fat
- 1 onion, chopped
- ¼ cup masala
- 2 cups mushrooms, sliced
- 2 tsp cornflour
- ⅔ cup water
- 1 chicken stock cube, crumbled
- 1 tbs fresh chives, chopped

**1** Heat oil in a large non-stick pan, add veal and cook until lightly browned and tender. Remove veal.

**2** Add onion, and cook, stirring until soft. Add masala, mushrooms, blended cornflour, water and stock cube.

**3** Stir over heat until the mixture boils and thickens. Stir in the chives. Return veal to the pan and heat through.

*Serves 4. Each serve provides: 4 protein, 1 vegetable and 105 extra kilojoules. Fat = 7.5g Fibre = 1.5g*

## CREAMY PEPPERCORN VEAL

- 720 gms lean stewing veal
- 2 tbs plain flour
- 1½ tbs oil
- 3 small onions, cut in wedges
- 1 stick celery, sliced
- 1 tbs green peppercorns
- ½ tsp ground all spice
- 1 large carrot, chopped
- 2 medium parsnips, peeled and sliced
- 2 beef stock cubes
- 2 cups water
- 100 ml reduced fat cream (18% fat)

**1** Trim meat, cut into cubes and toss lightly in flour.

**2** Heat oil in a large, heavy pan and

cook meat quickly in batches over medium-high heat until browned.

**3** Return meat to the pan, add all remaining ingredients except for cream. Bring to the boil, reduce heat, cover and simmer for 1 hour until meat is tender.

**4** Remove from heat and stir in cream.

*Serves 6. Each serve provides: 1 fat, 3 protein, 1 vegetable, ½ bread and 130 extra kilojoules. Fat = 10g Fibre = 2.5g*

## PIZZA PIE

### PASTRY:

120 gms self raising flour

1 tbs oil

2 tbs Weight Watchers Long Life Skim Milk

1 tsp Italian herbs

### FILLING:

480 gms extra lean minced beef

1 clove garlic, crushed

1 onion, chopped

1 green capsicum, diced

½ cup tomato paste

1 tsp oregano

1 tsp dry basil

1 tbs flour

### TOPPING:

4 large tomatoes

120 gms reduced fat mozzarella cheese, grated.

**1** In a food processor bowl, combine pastry ingredients and pulse until a firm dough forms.

**2** Roll pastry out to fit a medium pie plate. Place pastry in pie plate and trim to fit.

**3** In a large pan, brown mince with garlic and onion. Add capsicum and stir for 1 minute.

**4** Stir in tomato paste, herbs and

flour. Continue stirring until mixture thickens.

**5** Spread filling into prepared pastry. Arrange tomato slices on top of filling and sprinkle with grated cheese. Bake at 200°C for 30 to 35 minutes until cooked.

*Serves 6. Each serve provides: ⅔ fat, 3 protein, 2 vegetable, 1 bread and 35 extra kilojoules. Fat = 10g Fibre = 3g*

## HERBED PORK CASSEROLE

60 ml port

1 tsp granulated garlic

½ tsp cracked black pepper

960 gms lean new-fashioned pork fillets, cut into cubes

¾ cup seasoned flour

1½ tbs oil

2 chicken stock cubes

2 cups water

1 tsp ground cumin

1 tbs soy sauce

1 tbs oyster sauce

400 gms sweet potato, peeled and cubed

2 tbs fresh coriander, finely chopped

**1** Combine port, garlic and pepper. Pour over pork cubes and marinate overnight.

**2** Pre-heat oven to 180°C.

**3** Toss pork in seasoned flour. Heat oil in a large heavy pan and add pork in batches. Cook each batch quickly for 2 minutes or until well browned. Drain on absorbent paper.

**4** Place pork in a large 8 cup casserole dish. Dissolve stock cubes in water, add cumin, soy sauce and oyster sauce. Pour over pork.

**5** Cover and bake for 1½ to 1¾ hours. Add sweet potato and return to the oven for 15 minutes or until the potatoes are soft. Stir in the coriander.

*Serves 6. Each serve provides: 1 fat, 4 protein, 1½ bread and 55 extra kilojoules. Fat = 7.5g Fibre = 2g*



### FRUITY LAMB CASSEROLE

- 720 gms trim leg lamb, boned
- 2 beef stock cubes, crumbled
- 2 cups water
- 2 small onions, chopped
- 8 large prunes, pitted and halved
- 12 dried apricot halves, halved
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- freshly ground black pepper

**1** Trim meat and cut into cubes. Spray a large non-stick pan with cooking spray and cook the meat quickly over medium/high heat until browned.

**2** Dissolve stock cubes in water, add to meat along with onions, prunes, apricots, cinnamon, ginger and pepper.

**3** Bring to the boil. Reduce heat, cover and simmer for 1 hour, until meat is tender.

*Serves 6. Each serve provides: 3 protein, 1 fruit and 15 extra kilojoules. Fat = 3g Fibre = 2.5g*

### LAMB CURRY

- 1½ tbs margarine
- 1 clove garlic, crushed
- 1 tsp fresh ginger, grated
- 1 tbs curry powder
- 2 medium onions, sliced
- 720 gms trim lamb fillets, cut into strips
- ½ tsp mustard seeds
- 2 sticks celery, sliced
- 1½ cups cauliflower florets
- 1 beef stock cube
- 1 tsp garam masala
- 2 tbs fresh coriander, chopped

**1** Heat margarine in a large, heavy pan. Cook garlic, ginger, curry pow-

der and onions over medium heat for 2 to 3 minutes.

**2** Add meat, stir well and cook for 5 minutes.

**3** Add mustard seeds, celery, cauliflower and stock cube dissolved in the water. Bring to the boil. Reduce heat, cover and simmer for 30 minutes or until meat is tender, stirring occasionally.

**4** Stir in garam masala just prior to serving. Garnish with coriander.

*Serves 6. Each serve provides: 1 fat, 3 protein, 1 vegetable and 10 extra kilojoules. Fat = 9g Fibre = 1.5g*

### HERBED LAMB ROAST

- 1 x 480 gms boned trim lamb loin
- ¼ cup parsley
- 8 basil leaves
- 2 tbs mint leaves
- 1 tbs fresh chives, chopped
- 1 clove garlic, crushed
- 1 tsp olive oil
- freshly ground black pepper

**1** Preheat oven to 180°C. Trim meat of visible fat or sinew.

**2** In a food processor, combine herbs, garlic and oil and pulse until the mixture is almost smooth.

**3** Lay meat out flat. Spread the meat with the herb mixture and roll up. Tie with string every few centimetres to keep secure.

**4** Place meat on a rack in a large baking dish and bake for 45 to 50 minutes. Stand for 5 minutes before slicing. Serve with baked potatoes, pumpkin and vegetables in season.

*Serves 4. Each serve provides: 3 protein and 40 extra kilojoules. Fat = 6g Fibre = 0.5g*

### LAMB POT ROAST

- 1.5 kg trim lamb leg roast
- 1 x 440 gm can tomatoes, chopped
- ½ cup red wine
- 4 whole peppercorns
- 1 tbs fresh rosemary leaves
- 1 tbs Worcestershire sauce
- 8 x 50 gm potatoes, peeled and halved
- ½ butternut pumpkin, peeled and sliced into 8 pieces
- 8 baby green squash or 8 small zucchini

**1** Trim meat. Spray a large pot with cooking spray. Heat. Add meat and brown well all over for about 6 minutes.

**2** Remove pan from heat. Add tomatoes, wine, peppercorns, rosemary and Worcestershire sauce. Return to heat. Reduce heat to low and cover. Bring to simmering point and simmer for 1½ hours, turning meat occasionally.

**3** Add potatoes and pumpkin and simmer for a further 15 minutes. Add squash or zucchini and cook for a further 5 minutes.

**4** Drain meat and vegetables and reserve juices to use as gravy.

*Serves 8. Each serve provides: 4 protein, 4 vegetable, ½ bread and 95 extra kilojoules. Fat = 5g Fibre = 3.5g*

### SUMMER PORK KEBABS

- 320 gms pork fillets, sliced
- 1 tsp cornflour
- MARINADE:
- 2 tbs fresh ginger, chopped
- 1 tbs soy sauce
- 1 tbs lemon juice
- 2 tsp Worcestershire sauce
- 1 tsp brown sugar
- ½ tsp dry mustard





**2 tsp Angostura Bitters**  
**2 cloves garlic, crushed**

**1** Combine the marinade ingredients in a jar and shake well.  
**2** Pour over sliced pork and refrigerate for several hours.  
**3** Thread meat onto bamboo skewers and grill until pork is cooked.  
**4** Combine cornflour with remaining marinade and cook in a microwave oven for 2 minutes, stir and cook a further 1 to 2 minutes until the sauce has boiled and thickened.  
*Serves 4. Each serve (2 kebabs) provides: 2 protein and 50 extra kilojoules. Fat = 1.5g Fibre = 0.5g*

## SURPRISE PORK PATTIES

**500 gms lean pork mince**  
**1 egg, beaten**  
**1 onion, chopped**  
**3 slices bread made into crumbs**  
**1 tsp mixed herbs**  
**1 chicken stock cube, crumbled**  
**2 tsp Worcestershire sauce**  
**12 dried apricot halves, diced**  
**80 gms Weight Watchers Reduced Fat Tasty Cheese, cut into 12 cubes**

**1** Mix mince with egg, onion, seasonings, breadcrumbs, herbs, stock cubes and sauce until well combined.

**2** Divide evenly into 12 portions and flatten each into a round shape using moistened hands. Pre-heat grill.  
**3** Divide dried apricots evenly onto the 12 mixtures. Top with a cube of cheese. Fold meat mixture carefully over the filling to make a patty.  
**4** Grill, turning once, for about 6 minutes each side. Serve with steamed rice and vegetables.  
*Serves 6. Each serve provides: 3½ protein, ½ bread, ⅓ fruit and 10 extra kilojoules. Fat = 13g Fibre = 2g*

## SAD RECIPE

*I didn't have potatoes —  
 so I substituted rice.  
 I didn't have paprika —  
 so I used another spice,  
 I didn't have tomato  
 sauce — so I used  
 tomato paste;  
 A whole can, not a half  
 can — I don't believe in  
 waste.  
 A friend gave me the  
 recipe, she said you  
 couldn't beat it.  
 There must be something  
 wrong with her,  
 I couldn't even eat it.*

*Above: Lamb Pot Roast*



### GOLDEN CHICKEN FLAN

#### PASTRY:

- 1 cup wholemeal self raising flour
  - 1 tsp mixed herbs
  - 1½ tbs margarine
  - 1 egg
  - enough water to make a firm dough
- #### FILLING:
- 360 gms chicken mince
  - 120 gms Weight Watchers Reduced Fat Shredded Cheese
  - 1 onion, chopped
  - 1 cup evaporated skim milk
  - 3 eggs, beaten
  - 1 cup creamed corn
  - ½ tsp dry mustard
  - pinch nutmeg
  - salt and pepper to taste
  - ½ tsp grated lemon rind
  - 15 gms almonds, blanched and slivered

#### PASTRY:

**1** In a food processor bowl, combine flour, herbs, margarine and egg. Process. Add only enough water to make a firm dough. Roll out to fit a 23 cm pie plate.

#### FILLING:

- 1** Pre-heat oven to 200°C
  - 2** In a medium saucepan, cook the mince, stirring to break up. When done, drain and cool.
  - 3** Sprinkle cheese over the pastry. Scatter cooked chicken meat and onion over the cheese.
  - 4** Combine milk, beaten eggs, corn, seasonings and lemon rind. Gently pour over the chicken and cheese.
  - 5** Sprinkle the almonds over the mixture and bake the flan for 40 to 45 minutes or until the filling has set.
- Serves 6. Each serve provides: ⅓ milk, 1 fat, 3 protein, 1½ bread and 110 extra kilojoules. Fat = 17g Fibre = 4.5g*

### FARMHOUSE CHICKEN HOT POT

- 1 tbs olive oil
- 480 gms chicken thigh fillets, cut in halves
- 2 chicken stock cubes, crumbled
- 1½ cups water
- 2 carrots, sliced
- 200 gms small new potatoes, cut in halves
- ½ tsp mixed spice
- 2 bay leaves
- 2 leeks, sliced
- 8 baby squash, cut in halves
- 2 tsp green peppercorns
- 100 gms sour light cream

**1** Heat oil in a large non-stick pan and cook chicken quickly in small batches over medium/high heat until well browned.

**2** Add stock cubes, water, carrots, potatoes, spice and bay leaves. Bring to the boil, reduce heat, cover and simmer for 40 to 45 minutes or until chicken is tender.

**3** Add leeks, squash and peppercorns and simmer for 15 minutes.

**4** Remove the bay leaves. Stir through the sour light cream and cook 1 to 2 minutes until heated through.

*Serves 4. Each serve provides: 1 fat, 3 protein, 2 vegetable, ½ bread and 250 extra kilojoules.*

*Fat = 15g Fibre = 4g*

### TANDOORI CHICKEN WITH YOGHURT DRESSING

- 4 x 150 gms chicken breast fillets

#### MARINADE:

- 200 gms low fat yoghurt
- 1 tbs ground paprika
- 1 tsp garam marsala

- 2 tsp ground turmeric
- 2 tsp garlic, crushed
- 2 tsp fresh ginger, grated
- ¼ tsp chilli powder
- ¼ cup lemon juice
- 1 tbs tandoori paste
- 2 tsp ground cumin

#### YOGHURT DRESSING:

- 200 gms low fat yoghurt
- 1 tsp grated lemon rind
- 1 tsp fresh ginger, grated
- 2 cloves garlic, crushed
- 1 tsp ground turmeric
- 1 tsp cumin
- pinch nutmeg
- 2 tbs fresh coriander, chopped

#### TANDOORI CHICKEN:

**1** In a large bowl combine all marinade ingredients. Mix well.

**2** Add breast fillets and coat thoroughly with the marinade. Cover with plastic wrap and refrigerate overnight.

**3** Pre-heat grill. Remove chicken from marinade and grill for 7 to 9 minutes each side.

#### YOGHURT DRESSING:

**1** Mix all ingredients together. Refrigerate overnight.

**2** Serve Tandoori Chicken and Yoghurt Dressing with Herbed Rice (page 46).

*Serves 4. Each serve provides: ⅓ milk, 4 protein and 35 extra kilojoules. Fat = 4g Fibre = 0.5g*  
*Each serve of dressing provides: ⅓ milk. Fat = 0g Fibre = 0g*

*Right: Tandoori Chicken With Yoghurt Dressing*







### CHILLI DRUMSTICKS

¼ cup tomato paste

1 tbs soy sauce

1 tsp chilli powder

1 tbs honey

12 x 110 gms chicken drumsticks  
(skinless)

**1** Combine the tomato paste, soy sauce, chilli powder and honey. Coat drumsticks in this mixture and refrigerate for at least two hours.

**2** Pre-heat grill and cook drumsticks until tender. Divide drumsticks evenly between 6 serving plates. Serve with a rice dish, vegetables or salad.

*Serves 6. Each serve provides: 4 protein and 45 extra kilojoules. Fat = 12g Fibre = 0g*

### GRILLED SEASONED CHICKEN FILLETS

4 x 120 gms chicken breast fillets

**SEASONING MIX:**

2 tsp chicken seasoning

2 tsp seasoned pepper

1 tsp freshly crushed garlic

1 tsp grated lemon rind

1 tsp lemon juice

**1** In a small bowl, thoroughly combine all seasoning mix ingredients. Divide the mixture between the 4 breast fillets and spread evenly.

**2** Grill or barbeque the chicken, turning frequently until chicken is tender.

*Serves 4. Each serve provides: 3 protein selections. Fat = 3g Fibre = 0g*

### CHICKEN SAUSAGE CASSEROLE

480 gms thin chicken sausages

2 leeks, sliced

1 x 440 gm can tomato puree

¼ cup water

40 ml red wine

2 carrots, thinly sliced

1 stick celery, chopped

2 tbs fresh parsley, finely chopped

**1** Pre-heat grill. Pierce sausages well and cook under griller until done, turning frequently. Drain well and cut in half.

**2** Spray a large non stick pan with cooking spray. Add leeks and cook, stirring for 3 minutes until soft.

**3** Add the tomato puree, water, wine, carrots and celery. Bring to the boil. Reduce heat and simmer, uncovered for 5 minutes, stirring occasionally.

**4** Add sausages and simmer for a further 2 minutes, until sausages are heated through. Stir in parsley.

*Serves 4. Each serve provides:*

*3 protein, 2 vegetable and 30 extra kilojoules. Fat = 16g Fibre = 5g*

### SPICY CHICKEN KEBABS

960 gms chicken tenderloins

¾ cup low fat natural yoghurt

2 tbs fresh coriander, chopped

½ tsp ground cumin

½ tsp ground coriander

2 tsp fresh ginger, grated

1 tbs curry powder

**1** Cut tenderloins in half, lengthwise. Place in a large dish.

**2** Combine remaining ingredients and pour over chicken. Cover and refrigerate for at least 2 hours, turning occasionally.

**3** Remove meat from marinade and thread onto bamboo skewers. Place under a pre-heated griller or barbeque plate and cook for 6 minutes on each side or until cooked. Makes 12 kebabs.

*Serves 6. Each serve (2 kebabs) provides: 4 protein and 30 extra kilojoules. Fat = 7g Fibre = 0g*

### ROAST TURKEY WITH APPLE AND RAISIN SEASONING

4 kg turkey

½ cup water

**SEASONING:**

8 slices stale bread, crumbed

1 large onion, chopped

2 apples, peeled, cored and chopped

20 gms raisins, chopped

3 tbs fruit chutney

1 tsp curry powder

½ tsp mustard powder

1 egg, lightly beaten

2 tsp mixed herbs

**1** Pre-heat oven to 200°C.

**2** Rinse turkey under cold water. Pat dry.

**3** Combine all seasoning ingredients and fill the cavity of the turkey. Fold flaps over and secure with small metal skewers. Tuck wings under close to the body.

**4** Place turkey on a rack in a large baking dish and pour the water into the base of the pan. Cook for 2½ hours or until the self-timer (if the turkey has one) pops up to indicate that the turkey is cooked. After the first hour, cover the breast and legs with foil to prevent drying out.

*Each serve of 120 gms cooked turkey (without skin) provides: 4 protein.*

*Each serve of 120 gms cooked turkey (with skin) provides: 4 protein and 160 extra kilojoules.*

*Seasoning serves 8. Each serve provides: 1 bread, ¼ vegetable, ½ fruit and 100 extra kilojoules. Fat = 3g (turkey), 1.5g (seasoning) Fibre = 0g (turkey), 2g (seasoning)*

*Right: Roast Turkey With Apple And Raisin Seasoning*







### SATAY PRAWNS

**1 kg green king prawns**

**½ cup tomato pureé**

**3 cloves garlic, crushed**

**¼ tsp dried chilli**

**½ tsp chilli powder**

**¼ cup lemon juice**

**1 tsp lemon rind, finely grated**

**2 tbs soy sauce**

**1 tsp honey**

**2 tsp oil**

**1** Shell and devein prawns, leaving tails in tact. Wash thoroughly.

**2** Combine tomato pureé, garlic, chillies, lemon juice, rind, soy sauce and honey. Mix well.

**3** Marinate prawns in the mixture and refrigerate for 1 hour.

**4** Heat oil in a wok or large pan and stir fry prawns for 2 to 3 minutes, basting with marinade until they turn pink.

*Serves 4. Each serve provides: ½ fat, 2¾ protein and 20 extra kilojoules. Fat = 4g Fibre = 1g*

### IMPOSSIBLE PIE

**4 eggs**

**2 cups Weight Watchers Long Life Skim Milk**

**¾ cup plain flour**

**½ tsp baking powder**

**¼ tsp vegetable salt**

**60 gms margarine, melted**

**180 gm can tuna in brine, drained**

**60 gms Weight Watchers Reduced Fat Shredded Cheese**

**¼ cup fresh parsley, chopped**

**1 cup creamed corn**

**1** In a large bowl, combine eggs, milk, flour, baking powder, salt and margarine. Mix together.

**2** Add remaining ingredients and

pour into a 23 cm pie dish that has been sprayed with cooking spray.

**3** Bake at 180°C for 35 to 40 minutes until set and the top is lightly browned.

*Serves 6. Each serve provides: ⅓ milk, 2 fat, 1½ protein and 1 bread.*

*Fat = 15g Fibre = 0.5g*

### QUICK CREAMY TUNA

**180 gm can tuna, in brine or springwater, drained**

**1 cup celery, sliced**

**¼ cup green capsicum, chopped**

**4 stuffed olives, sliced**

**440 gm can cream of mushroom soup**

**1 cup evaporated skim milk**

**1 tbs plain flour**

**freshly ground black pepper**

**1** Blend all ingredients together in a saucepan. Cook over medium heat to just below boiling point. Stir constantly.

**2** Reduce heat and simmer gently, stirring until the sauce thickens. Serve with rice or pasta.

*Serves 4. Each serve provides: ½ milk, ½ protein, 1 vegetable, ½ bread and 450 extra kilojoules. Fat = 5g Fibre = 2g*

### FISH KEDGEREE

**½ cup uncooked rice**

**½ cup mixed vegetables**

**1½ tbs margarine**

**1 small onion, chopped**

**1 tsp curry powder**

**1 tin tomatoes, chopped**

**480 gms cooked white fish, flaked**

**1 egg, beaten**

**¼ tsp lemon pepper**

**1 tsp lemon juice**

**1 hard boiled egg, chopped**

**1** In a medium saucepan cook rice in 2 cups boiling water. When almost done add vegetables. Cook over low heat until all liquid is absorbed.

**2** In a large pan, melt margarine and add onion. Sauté for 1 to 2 minutes then add curry powder and tomatoes. Stir.

**3** Add cooked rice, fish, raw egg, pepper, lemon juice and boiled egg. Transfer to a casserole dish and heat for 25 minutes in a moderate oven (180°C).

*Serves 6. Each serve provides: 1 fat, 1½ protein, 1 vegetable, ½ bread and 50 extra kilojoules. Fat = 8.5g Fibre = 2g*

### SALMON QUICHE

**1 sheet puff pastry**

**220 gm tin salmon, drained**

**120 gms Weight Watchers Reduced Fat Shredded Cheese**

**1 cup evaporated skim milk**

**3 eggs**

**pinch cayenne pepper**

**2 green shallots, chopped**

**1 tbs plain flour**

**½ tsp herb salt**

**½ tsp lemon pepper**

**1** Spray a 23 cm pie dish lightly with cooking spray. Line with pastry. Leave flaps hanging over the edge.

**2** Flake salmon with a fork and mix in the cheese. Whisk the evaporated skim milk, eggs, cayenne pepper, flour, shallots, herb salt and lemon pepper together.

**3** Add to salmon and cheese. Pour into pastry. Fold flaps towards centre. Bake in a moderate oven 180°C for 30 to 35 minutes or until set.

*Serves 4. Each serve provides: ½ milk, ¾ fat, 3 protein, ¾ bread and 235 extra kilojoules. Fat = 25g Fibre = 0.5g*

*Right: Satay Prawns*







### SESAME PRAWNS

**1 kg green prawns**

#### MARINADE:

**¼ cup port**

**1½ tbs oil**

**3 large shallots, finely chopped**

**1 tsp lemon pepper**

**2 tbs sesame seeds**

**1** Shell and devein prawns, leaving tails in tact.

**2** Combine port, oil, shallots and lemon pepper in a jar. Shake well.

**3** Thread prawns onto bamboo skewers and lie skewers in a tray. Pour marinade over and refrigerate for 1 hour.

**4** Sprinkle with sesame seeds and either grill or barbecue until cooked.

*Serves 4. Each serve provides: 1½ fat 2¾ protein and 315 extra kilojoules.*

*Fat = 12g Fibre = 1g*

### STUFFED POTATOES

**200 gms boneless fish fillets, no skin**

**4 x 200 gm potatoes, scrubbed**

**2 tsp margarine**

**1 shallot, finely chopped**

**¼ cup Weight Watchers Long Life Skim Milk**

**1 tbs fresh parsley, chopped**

**70 gms Weight Watchers Reduced Fat Shredded Cheese**

**pinch nutmeg**

**lemon pepper seasoning**

**4 tsp Parmesan cheese**

**1** Microwave fish on MEDIUM/HIGH for 3 minutes. Flake cooked fish and set aside.

**2** Prick potato skins with fork and microwave on HIGH for 10 to 12 minutes or until potatoes are tender.

**3** In a small pan, melt margarine, add shallots and cook for 1 minutes.

**4** Cut top off potatoes and scoop

out potato flesh, leaving a shell about 1 cm thick. Reserve half the potato flesh, mash and add milk.

**5** Stir in flaked fish, shallots, parsley, cheese, nutmeg and lemon pepper. Spoon filling into potato shells. Sprinkle with Parmesan cheese.

**6** Place potatoes on a tray in the microwave oven and reheat on HIGH for 3 minutes.

*Serves 4. Each serve provides: ½ fat, 1½ protein, 2 bread and 50 extra kilojoules. Fat = 8.5g Fibre = 3.5g*

### FISH HOT POT

**30 gms margarine**

**1 onion, chopped**

**1 stick celery, chopped**

**1 carrot, chopped**

**2 cloves garlic, crushed**

**¼ cup dry white wine**

**1 chicken stock cube, crumbled**

**1 x 425 gm can tomato pureé**

**720 gms boneless fish fillets, chopped**

**240 gms Tasmanian scallops**

**2 tbs parsley, chopped**

**1** Heat margarine in a large non-stick frypan. Add onion, celery, carrots and garlic. Sauté for 2 minutes.

**2** Stir in combined wine, stock cubes and tomato pureé. Bring to the boil. Stir in the seafood. Return to the boil, then reduce heat and simmer, uncovered for about 10 minutes or until seafood is cooked. Stir in parsley before serving.

*Serves 4. Each serve provides: 1½ fat, 3 protein, 2 vegetable and 55 extra kilojoules. Fat = 12g Fibre = 3.5g*

### HONEY LING

**2 tbs honey**

**1 tbs orange rind**

**1 tsp teriyaki sauce**

**¼ tsp chilli powder**

**1 tsp fresh ginger, grated**

**1 tbs fresh orange juice**

**3 shallots, thinly sliced**

**freshly ground black pepper**

**480 gms ling fillets**

**1** Combine honey, orange rind, teriyaki sauce, chilli, ginger, orange juice, shallots and pepper in a saucepan. Heat gently so that honey melts.

**2** Cut fish fillets into serving size pieces. Score each piece 2 to 3 times and place in a shallow baking dish. Cover with marinade and refrigerate for 1 to 2 hours.

**3** Cover dish with foil and bake at 180°C for 20 to 25 minutes until fish is tender.

*Serves 4. Each serve provides:*

*1½ protein and 140 extra kilojoules.*

*Fat = 3g Fibre = 0g*



*No one ever  
injured their  
eyesight by looking  
on the bright side  
of things.*









### VEGETABLE FLAN

#### PASTRY:

- 180 gms wholemeal flour
- 60 gms plain flour
- 1 tsp baking powder
- pinch salt
- 1½ tbs oil
- 120 gms ricotta cheese
- 40 ml evaporated skim milk
- 1 tsp dried mixed herbs
- 2 egg whites, chilled

#### FILLING:

- ½ cup broccoli, chopped
- ¼ cup onion, chopped
- ½ red capsicum, chopped
- ½ cup mushrooms, sliced
- 60 gms Weight Watchers Reduced Fat Shredded Cheese
- 2 eggs, beaten
- 2 egg yolks
- 500 ml evaporated skim milk
- 1 tsp dry mustard
- pinch cayenne pepper

**1** In a food processor bowl, combine flours, baking powder and salt. Pulse. Add remaining pastry ingredients and pulse machine on and off until dough forms. Wrap in plastic and chill for 1 hour.

**2** Blanch broccoli. Cool and set aside.

**3** Roll out ⅔ pastry to fit a 23 cm flan tin. Cover base with broccoli and other vegetables. Sprinkle cheese over.

**4** Combine eggs, yolks, evaporated skim milk, mustard and cayenne. Pour carefully over filling.

**5** Roll out remaining pastry and cut narrow strips. Place in lattice design over pie.

**6** Bake at 200°C for 45 to 50 minutes or until golden brown and set. Serve hot or cold.

*Serves 6. Each serve provides: ⅔ milk, 1 fat, 1½ protein, ½ vegetable and 2 bread. Fat = 15g Fibre = 4.5g*

### CHEESE AND VEGETABLE PIE

- 1 sheet frozen puff pastry
- 120 gms ham, diced
- 1 medium zucchini, sliced
- 1 medium tomato, sliced
- ½ cup broccoli, finely cut
- 4 shallots, diced
- 1 tbs fresh basil, finely chopped
- 1 tbs fresh parsley, finely chopped
- 4 eggs
- 1 cup evaporated skim milk
- 160 gms Weight Watchers Reduced Fat Shredded Cheese

**1** Pre-heat oven to 200°C.

**2** Spray a 23 cm pie plate with cooking spray and line with a sheet of pastry. Leave corners of the pastry hanging over.

**3** Layer ham, zucchini, tomato and broccoli onto the pie plate. Sprinkle with shallots, basil and parsley.

**4** Beat together eggs and milk until combined. Pour over pie filling and top with grated cheese. Fold corners of pastry towards centre.

**5** Bake in oven for 40 to 45 minutes. *Serves 4. Each serve provides: ½ milk, ¾ fat, 4 protein, 1 vegetable, ¾ bread and 195 extra kilojoules. Fat = 26g Fibre = 2g*

### LENTIL ROAST

- 2 onions, chopped
- 2 vegetable stock cubes
- 1½ cups water
- 1 cup lentils
- 60 gms Weight Watchers Reduced Fat Shredded Cheese
- 1 tbs parsley, chopped
- ½ cup dried wholemeal breadcrumbs
- 1 carrot, grated
- ½ cup fresh basil leaves, chopped

#### 3 eggs, beaten

**1** Spray a pan with cooking spray. Add onions and sauté until transparent.

**2** Dissolve the stock cubes in the water and add to the pan along with the lentils. Cover and simmer for 10 to 15 minutes until lentils are tender. Drain.

**3** Combine the cooked, drained lentil mixture with the cheese, parsley, breadcrumbs, carrot, basil and eggs.

**4** Spray a 20 cm x 10 cm loaf pan with cooking spray and spoon mixture into the pan.

**5** Bake at 180°C for 30 to 40 minutes, until firm.

*Serves 6. Each serve provides: 2 protein, ¾ vegetable, ⅓ bread and 15 extra kilojoules. Fat = 6g Fibre = 5g*

### STUFFED CABBAGE ROLLS

- 8 large cabbage leaves
- ¾ cup brown rice
- 2 medium onions, chopped
- 1 clove garlic, crushed
- 1 large tomato, finely chopped
- herbs and seasonings to taste
- 1 x 310 gm can four bean mix, drained
- 2 tbs tomato paste
- 2 beef stock cubes
- 1¼ cups water

**1** Place cabbage leaves in a large pot. Add enough boiling water to cover and boil for 5 minutes. Drain thoroughly.

**2** Cook rice until tender. Drain.

**3** Spray a medium frypan with cooking spray. Add onion and garlic and sauté until transparent. Add tomatoes and seasonings and cook for 2 minutes.

**4** Stir in beans and rice and mix thoroughly.

**5** Divide the mixture evenly between the 8 cabbage leaves. Place portions of the mixture in the cen-





tre of each leaf, fold the sides over and roll each into a neat parcel. Secure with a toothpick.

**6** Spray a shallow, ovenproof dish with cooking spray. Arrange cabbage rolls in prepared dish. Mix together tomato paste, stock cubes and water and pour over the cabbage rolls. Cover with a lid or foil and bake at 180°C for 40 minutes.

*Serves 4. Each serve provides: ½ protein, 3 vegetable, 1 bread and 25 extra kilojoules. Fat = 1.5g Fibre = 10g*

### COTTAGE CHEESE LOAF

720 gms cottage cheese

1 cup creamed corn

3 onions, chopped

1 cup rolled oats

3 eggs, beaten

¼ cup no-oil Herb & Garlic salad dressing

½ cup fresh herbs, chopped (basil, parsley, coriander)

1 tbs soy sauce

**1** Combine all ingredients and mix thoroughly.

**2** Spray a loaf pan with cooking spray. Spoon mixture into tin and bake at 180°C for 40 to 50 minutes until set.

*Serves 6. Each serve provides:*

*2½ protein, ½ vegetable and 1 bread.*

*Fat = 16 g Fibre = 3.5g*

*Smile.*

*You'll make people  
wonder what  
you've been up to.*



*Above: Vegetable Flan*



### EGGS AND RICE WITH HOT YOGHURT DRESSING

- 3 cups cooked brown rice, hot
- 1 capsicum, chopped
- 1 clove garlic, crushed
- 2 tbs fresh coriander, chopped
- ½ tsp lemon grass & chilli pepper seasoning
- 2 cups natural low fat yoghurt
- 4 eggs, hard boiled

**1** Spray a medium casserole dish with cooking spray.

**2** Combine the hot rice and capsicum and spread over the base of the prepared dish. Keep warm in a very slow oven.

**3** Add the garlic, coriander and lemon grass seasoning to the yoghurt and stir over low heat until the yoghurt is hot.

**4** Slice the eggs in half, lengthwise and arrange over the rice. Spoon the yoghurt over, dust lightly with paprika and serve.

*Serves 4. Each serve provides: 1 milk, 1 protein, ½ vegetable and 1½ bread.*

*Fat = 7.5g Fibre = 3g*

### CHILLI DUMPLINGS

- 1 x 750 gm can red kidney beans, drained
- 240 gms cottage cheese
- 1 x 310 gm can corn kernels
- 1 red capsicum, chopped
- 1 onion, diced
- 2 sticks celery, chopped
- 2 cloves garlic, crushed

1 cup tomato puree

1 tbs chilli sauce

DUMPLINGS:

1 cup self raising flour

1½ tbs margarine

½ cup Weight Watchers Long Life Skim Milk

**1** Combine the kidney beans, cottage cheese, corn, capsicum, onions, celery, garlic, tomato puree and chilli sauce together in a large casserole dish. Cover and place in a 180°C oven. Bake for 20 minutes.

**2** In a food processor bowl, combine all ingredients for dumplings and process until a soft dough forms. Cut off small sections, about 3 cm diameter and drop onto the hot bean mixture. Cover and bake for a further 20 minutes. Remove lid, reduce heat to 160°C and cook for 10 minutes.

*Serves 6. Each serve provides: 1 fat, 2 protein, 1¼ vegetable, 1½ bread and 80 extra kilojoules. Fat = 9g*

*Fibre = 11g*

### COUNTRY CORN BAKE

1 onion, chopped

1 medium carrot, grated

1 medium zucchini, grated

1 stick celery, chopped

3 green shallots, chopped

80 gms Weight Watchers Reduced Fat Shredded Cheese

½ cup self raising flour

30 gms margarine, melted

4 eggs, beaten

120 gms lentils, cooked

1½ cups corn, drained

salt and pepper to taste

**1** Spray a 20 cm pie plate with cooking spray.

**2** Combine all ingredients and mix well. Spoon the mixture into the prepared pie plate.

**3** Bake at 180°C for 35 to 40 minutes, until set.

*Serves 4. Each serve provides: 1½ fat, 2½ protein, 1¼ vegetable and 1½ bread. Fat = 18g Fibre = 5.5g*

### HARICOT TOMATO LOAF

2 cups cooked haricot beans

1 onion, chopped

½ green capsicum, chopped

2 eggs, beaten

1 x 440 gm can tomatoes, chopped

1 tbs margarine, melted

1 tsp vegetable salt

1 cup wholemeal breadcrumbs

**1** Combine all ingredients and mix thoroughly.

**2** Spray a 20 cm x 10 cm loaf pan with cooking spray. Spoon mixture into the prepared pan and bake at 180°C for 50 to 55 minutes or until set.

*Serves 4. Each serve provides: 1 fat, 2 protein, 1½ vegetable and 1 bread.*

*Fat = 8.5g Fibre = 10g*



*Duty makes us  
do things well,  
but love makes  
us do them  
beautifully.*



*Right: Chilli Dumplings*







## CHICKEN JAMBALAYA

800 gms chicken breast fillets or tender loins  
 1½ tbs olive oil  
 1 onion, chopped  
 1 clove garlic, crushed  
 1 green capsicum, chopped  
 1 x 410 gm can tomatoes, chopped  
 2 chicken stock cubes, crumbled  
 2 cups water  
 1 cup risoni pasta, uncooked  
 ¼ tsp chilli powder  
 ½ tsp lemon pepper  
 ¼ tsp dried thyme leaves  
 120 gms lean leg ham, chopped  
 12 black olives, cut in halves

**1** Cut chicken into thin strips. Heat oil in a large pan, add chicken and cook until lightly browned and tender. Drain well.

**2** Add onion, garlic and capsicum to the pan. Cook, stirring until the onion is soft. Stir in undrained tomatoes, stock cubes, water, pasta, chilli, lemon pepper and thyme. Bring to the boil and simmer, covered for 10 to 12 minutes.

**3** Add chicken, ham and olives to the pan. Simmer, covered for 10 minutes or until most of the liquid has been absorbed.

*Serves 6. Each serve provides: 1 fat, 4 protein, 1 vegetable, 2 bread and 70 extra kilojoules. Fat = 12g Fibre = 3.5g*

## RICOTTA AND SPINACH AGNOLOTTI WITH PESTO MEAT SAUCE

260 gms pork and veal mince  
 1 cup fresh basil leaves, finely chopped  
 1 cup fresh parsley, finely chopped  
 6 shallots, chopped  
 3 cloves garlic, crushed

1 chicken stock cube, crumbled  
 1 tbs plain flour  
 1 cup water  
 freshly ground black pepper  
 ¼ tsp Mediterranean seasoning  
 1 x 375 gm packet fresh ricotta and spinach agnolotti

**1** Heat a non-stick pan and brown the mince, drain off any fat.

**2** Add the basil, parsley, shallots and garlic. Sauté for 3 minutes.

**3** Stir in the stock cube and flour. Add the water and mix well. Cook over low heat until the mixture thickens slightly. Cover and simmer over low heat for 10 minutes. Season to taste.

**4** Bring 6 to 8 cups water to the boil. Add the agnolotti. Return water to the boil, reduce heat slightly and cook for 6 to 8 minutes until just tender.

**5** Divide the cooked pasta and sauce evenly between 4 serving plates.

*Serves 4. Each serve provides:*

*1 fat, 3 protein, 2 bread and 95 extra kilojoules. Fat = 9.5g Fibre = 2.5g*

## SPICY VEAL TORTELLINI

1 onion, chopped  
 3 cloves garlic, crushed  
 90 gms hot Spanish salami  
 1 green capsicum, chopped  
 1 cup broccoli florets, cut small  
 1 x 425 gm can tomatoes, chopped  
 1 x 425 gm tub Hot Siciliana Sauce  
 1 x 375 gm packet fresh veal tortellini

**1** Heat a non-stick pan. Add onion and garlic and sauté for 1 minute. Add salami and cook for 2 minutes.

**2** Add capsicum and broccoli and cook further 2 minutes.

**3** Stir in tomatoes and Hot Siciliana Sauce. Cover and simmer on low heat while the pasta is cooked.

**4** Bring 6 cups water to the boil in a large pot. Add tortellini. Bring back to the boil, reduce heat slightly and cook for 6 to 8 minutes. Drain. Mix with the Spicy Sauce and serve.

*Serves 4. Each serve provides: 2 protein, 3½ vegetable, 1¾ bread and 510 extra kilojoules. Fat = 18g Fibre = 3.5g*

## GNOCCHI SALAD

250 gms fresh potato gnocchi  
 150 gms snow peas  
 150 gms button mushrooms  
 1 red capsicum, chopped  
 1 punnet cherry tomatoes  
 120 gms Weight Watchers Reduced Fat Tasty Cheese, cubed  
**DRESSING:**  
 1½ tbs olive oil  
 3 cloves garlic, crushed  
 2 tbs balsamic vinegar  
 2 tbs fresh basil, chopped  
 2 tbs fresh coriander, chopped  
 freshly ground black pepper  
 2 tbs lemon juice

**1** Bring 6 cups water to the boil in a large pot and add the gnocchi. Return to the boil and cook until gnocchi floats to the top. Drain.

**2** Combine all dressing ingredients in a jar and shake well. Pour over hot gnocchi and chill well before mixing with salad ingredients.

**3** Combine cold, cooked gnocchi with the snow peas, mushrooms, capsicum, tomatoes and cheese.

*Serves 6. Each serve provides: 1 fat, 1 protein, 2½ vegetable, 1 bread and 65 extra kilojoules. Fat = 13g Fibre = 3.5g*





## CHEESY LASAGNE SLICE

2 x 120 gm continental frankfurts

360 gms fresh lasagne sheets

120 gms Weight Watchers  
Reduced Fat Shredded Cheese

2 cups mushrooms, sliced

1 green capsicum, chopped

360 gms cottage cheese

$\frac{2}{3}$  cup water

120 gms parmesan cheese

### SAUCE:

3 tsp olive oil

1 onion, chopped

2 cloves garlic, crushed

1 x 410 gm can tomatoes

2 tbs tomato paste

1 tbs Worcestershire sauce

1 tbs brown sugar

8 fresh basil leaves, finely chopped

2 tbs fresh oregano leaves, chopped

**1** Cook frankfurts in water for 5 to 6 minutes. Drain well and chop into 1 cm slices.

**2** Spray a 25 cm x 30 cm Swiss roll tray with cooking spray. Place half of the lasagne sheets over the base of the tray. Sprinkle with the grated cheese.

### SAUCE:

**1** Heat oil in a pan, add onion and garlic and cook for 1 to 2 minutes or until soft. Add undrained tomatoes, tomato paste, Worcestershire sauce, sugar, basil and oregano. Bring to the boil and simmer, uncovered for

20 to 25 minutes until sauce has thickened. Stir occasionally.

**2** Spread pasta base with sauce and cover with mushrooms, capsicum and continental frankfurts. Layer remaining lasagne sheets over filling.

**3** Pureé cottage cheese and water together in a blender and pour over top of lasagne sheets. Sprinkle with Parmesan cheese.

**4** Bake at 180°C to 200°C for 35 to 40 minutes until browned.

*Serves 6. Each serve provides:*

*$\frac{1}{2}$  fat, 4 protein, 2 vegetable, 2 bread and 70 extra kilojoules.*

*Fat = 25g Fibre = 5g*

*Above: Spicy Veal Tortellini and Gnocchi Salad*



### LASAGNE

- 240 gms instant lasagne sheets
- 2 onions, roughly chopped
- 2 sticks celery, roughly chopped
- 2 carrots, roughly chopped
- 1 red capsicum, roughly chopped
- 1 green capsicum, roughly chopped
- 2 cloves garlic, peeled
- 12 basil leaves
- 480 gms lean minced beef
- 1 x 440 gm can tomato pureé
- 1 cup tomato paste
- 2 beef stock cubes, crumbled
- 2 tsp dry Italian herbs
- 1-2 cups water
- SAUCE:
- 360 gms cottage cheese
- 1 x 375 ml can evaporated skim milk
- 2 x single serve sachets of low-joule instant mushroom soup
- ½ cup water
- ½ cup parsley, finely chopped
- 120 gms Weight Watchers Reduced Fat Shredded Cheese

**1** In a food processor bowl, combine onion, celery, carrots, capsicum, garlic and basil leaves. Process until finely chopped.

**2** Heat a large heavy pan. Add mince and cook, stirring until browned. Drain off any excess fat.

**3** Add vegetable mixture to the pan. Cook, stirring 2 to 3 minutes.

**4** Stir in tomato pureé, paste, stock cubes and herbs. Add sufficient water to make a 'sloppy' consistency.

#### SAUCE:

**1** In a food processor bowl, combine cottage cheese, evaporated skim milk and soup mix. Process until blended together. Add ½ cup water and chopped parsley. Process.

**2** In a large baking dish, spread 2 to 3 tbs of meat mixture over the base. Cover with a layer of lasagne sheets.

**3** Spread 1 to 1½ cups of meat sauce over lasagne sheets and top with a thin layer of cottage cheese sauce. Repeat lasagne sheets, meat sauce and cottage cheese sauce until layers are all used. Top with a layer of cottage cheese sauce sprinkled with grated cheese. Bake at 180°C for 40 to 50 minutes until the pasta is soft and the cheese is bubbly and golden.

*Serve 6. Each serve provides:*

*½ milk, 4 protein, 3 vegetable, 2 bread and 70 extra kilojoules. Fat = 13g*

*Fibre = 6.5g*

### SPAGHETTI SLICE

- 120 gms reduced fat margarine
- 1 cup plain flour
- 4 cups Weight Watchers Long Life Skim Milk
- 3 egg yolks
- 140 gms Weight Watchers Reduced Fat Shredded Cheese
- 260 gms tubular spaghetti
- ¼ tsp nutmeg
- MEAT SAUCE:
- 2 onions, chopped
- 1 clove garlic, crushed
- 720 gms lean minced beef
- 4 large tomatoes chopped
- 1 tbs tomato paste
- 2 tsp sugar
- 4 whole cloves
- 1 bay leaf
- 3 egg whites

#### MEAT SAUCE:

**1** Spray a large pan with cooking spray. Add onions and garlic and cook for 1 to 2 minutes. Stir in mince, cook until well browned. Drain any excess fat.

**2** Stir in tomatoes, tomato paste, sugar, cloves, bay leaf and cinna-

mon. Bring to the boil and simmer, uncovered for 20 minutes. Remove cloves and bay leaf. Cool.

#### WHITE SAUCE:

**1** Melt the margarine in a medium size pan. Add flour and stir until bubbling. Remove from heat and stir in milk. Return to heat and stir until mixture boils and thickens. Stir in egg yolks and ⅓ cup of the cheese. Cool.

**2** Bring 8 cups water to the boil. Add pasta and boil for 6 to 8 minutes. Drain and cool.

**3** Stir in remaining cheese and lightly beaten egg whites.

**4** Spray a 27 cm x 33 cm baking dish with cooking spray. Spread half of the pasta into the dish. Top with half of the meat sauce, then remaining pasta and the rest of the meat sauce. Pour white sauce over and sprinkle with remaining grated cheese. Bake at 180°C for 40 to 45 minutes.

*Serves 8. Each serve provides:*

*½ milk, 1½ fat, 3½ protein, 1 vegetable, 2½ bread and 25 extra kilojoules. Fat = 16g Fibre = 4g*



*Life is a  
measure to  
be filled not  
a cup to be  
drained.*



**Right: Lasagne**







# Vegies, Rice & Salads

*Light on kilojoules, but full on flavour, these vegie, rice and salad dishes taste great on their own or as an accompaniment to a meat dish.*

## PUMPKIN AND SPINACH BAKE

250 gm packet of frozen spinach,  
chopped

¼ cup packaged bread crumbs

30 gms margarine

3 cloves garlic, crushed

250 gms pumpkin, chopped

pinch ground nutmeg

240 gms ricotta cheese

⅔ cup evaporated skim milk

2 eggs

1½ cups cooked pasta

**1** Thaw spinach and squeeze out excess water.

**2** Spray a large casserole dish with cooking spray and sprinkle over bread crumbs.

**3** Melt margarine in a frypan, add garlic and pumpkin. Stir over heat for 4 to 5 minutes, add spinach and stir another 3 minutes or until pumpkin is just tender. Add nutmeg.

**4** Beat ricotta, milk and egg in a large bowl until smooth. Stir in pumpkin, spinach mixture and pasta.

**5** Spoon into prepared dish. Bake



uncovered for 28 to 30 minutes at 180°C until set.

*Serves 6. Each serve provides: ⅓ milk, 1 fat, 1 protein, 1 vegetable, ½ bread and 50 extra kilojoules. Fat = 11g Fibre = 3.5g*

## CAULIFLOWER CHEESE

1 small head of cauliflower

SAUCE:

60 gms reduced fat margarine

½ cup plain flour

2½ cups Weight Watchers Long  
Life Skim Milk

salt and pepper to taste

pinch nutmeg

¼ tsp dry mustard

120 gms Weight Watchers  
Reduced Fat Shredded Cheese

2 tbs fresh parsley, chopped

**1** Break the cauliflower into small florets. Microwave or steam until just tender. Drain well. Spray a large casserole dish with cooking spray. Arrange cauliflower in dish.

**2** To make sauce: melt margarine in a saucepan, stir in flour. Gradually add milk, stirring constantly. Stir in seasonings and continue cooking and stirring until the sauce boils and thickens.

**3** Pour sauce over cauliflower. Sprinkle with cheese and parsley. Bake at 180°C for 25 to 30 minutes, until golden brown.

*Serves 6. Each serve provides: ½ milk, 1 fat, 1 protein, 1½ vegetable and ½ bread. Fat = 9.5g Fibre = 2.5g*

*Right: Pumpkin & Spinach Bake*





### RATATOUILLE

- 1 tsp olive oil
- 1 large onion, chopped
- 2 cloves garlic, crushed
- 3 slender eggplant
- 3 medium zucchini
- 1 medium red capsicum, chopped
- 1 medium green capsicum, chopped
- 2 large tomatoes, cubed
- 1 tsp dried basil

**1** Heat oil in large pan. Add onion and garlic and stir until soft.  
**2** Slice eggplant and zucchini into 2 cm slices. Add eggplant, zucchini and capsicum to onion and stir fry for 3 minutes until just soft.

**3** Add tomatoes and basil. Cover and cook over low heat for 15 minutes, stirring occasionally.

**4** Uncover pan and cook for another 5 minutes.

*Serves 6. Each serve provides:*

*3½ vegetable and 30 extra kilojoules.*

*Fat = 1.5g Fibre = 5g*

### BRAISED GREEN BEANS

- 500 gms tender green beans
- 1 tbs olive oil
- 2 medium onions, finely sliced
- 2 cloves garlic, crushed
- ½ tsp herb salt
- 3 ripe tomatoes, diced
- ground black pepper

**1** Top and tail beans, cut into bite-size pieces.

**2** Heat oil in a large pan. Cook onions, garlic and herb salt over low heat until soft and translucent.

**3** Add beans and toss, then add tomatoes. Cover and simmer for 15 to 20 minutes or until beans are tender but not overdone. Season to taste with ground black pepper.

*Serves 4. Each serve provides: 1 fat and 2½ vegetable. Fat = 5g Fibre = 6g*

### SAUCY BABY SQUASH & CAULIFLOWER VEGIES

- 500 gms baby squash
- 500 gms cauliflower
- 30 gms margarine
- ¼ cup plain flour
- 1½ cups buttermilk
- 4 tbs Weight Watchers Mayonnaise
- 1 tsp French mustard
- 2 tsp lemon juice
- 2 tbs mint, chopped

**1** Steam squash and cauliflower until just tender (or microwave). Drain.

**2** Melt margarine in a large pan. Stir in flour and cook for 1 minute, stirring. Stir in buttermilk gradually. Stir constantly until the sauce boils and thickens.

**3** Remove from heat. Gradually stir in mayonnaise, mustard, lemon juice and mint. Pour sauce over vegetables.

*Serves 6. Each serve provides:*

*⅓ milk, 1 fat, 2 vegetable and 170*

*extra kilojoules. Fat = 8.5g*

*Fibre = 3.5g*

### HONEYSUCKLE POTATOES

- 900 gms sweet potatoes, scrubbed
- 1½ tbs reduced fat margarine
- ¼ cup orange juice
- 2 tbs honey

**1** Cook unpeeled potatoes in boiling, lightly salted water until just tender. Drain. Peel half of each potato lengthwise.

**2** Spray a shallow baking dish with cooking spray. Arrange potatoes in dish.

**3** Heat together margarine, orange juice and honey. Spoon over the potatoes and bake at 200°C for 15 to 20 minutes.

*Serves 6. Each serve provides:*

*½ fat, 1½ bread and 100 extra*

*kilojoules. Fat = 2g Fibre = 3g*

### VEGETABLE PATTIES

- 4 x 100 gms potatoes
- 1 clove garlic, crushed
- ½ tsp mixed herbs
- 1 cup corn kernels
- ½ cup grated carrot
- 1 onion, diced
- 1 cup peas
- 1 egg
- 2 tbs unprocessed bran

**1** Cook potatoes with garlic and herbs until soft. Drain thoroughly.

**2** In a food processor bowl, process all ingredients (except bran) until combined.

**3** Shape into 8 even patties. Coat each patty with bran.

**4** Heat a large pan and spray with cooking spray. Lightly brown on both sides — about 4 minutes each side.

*Serves 4. Each serve provides:*

*½ vegetable, 2 bread and 75 extra*

*kilojoules. Fat = 2.5g Fibre = 6.5g*

### ZUCCHINI SLICE

- 375 gms zucchini
- 1 large onion, chopped
- ½ cup Weight Watchers Long Life Skim Milk
- 90 gms lean ham, chopped
- 80 gms Weight Watchers Reduced Fat Shredded Cheese
- 1 cup self raising flour
- 2 tbs oil
- 5 eggs, lightly beaten
- herbs to taste

**1** Grate unpeeled zucchini. Combine with onion, skim milk, ham, cheese, flour, oil and eggs. Mix well with seasonings.

**2** Spray a lamington tray with cooking spray and pour in mixture. Bake at 180°C for 30 to 40 minutes.

*Serves 4. Each serve provides:*

*2 fat, 3 protein, 1½ vegetable, 1½*

*bread and 80 extra kilojoules.*

*Fat = 22g Fibre = 2.5g*





## RISOTTO

- 1 tsp olive oil
- 1 large onion
- 2 cloves of garlic, crushed
- 2 cups brown rice
- 4 chicken stock cubes, crumbled
- 4 cups water
- freshly ground black pepper
- 1 bunch of English spinach, shredded
- 30 gms Parmesan cheese

**1** Heat oil in a large pan. Add onion and garlic and cook over very low heat until onion is clear.

**2** Add rice, stock cubes, water and pepper. Simmer, covered for 10 minutes.

**3** Add spinach and continue cooking, uncovered for 10 to 15 minutes, until rice is tender and liquid absorbed. Stir in Parmesan cheese and serve.

*Serves 6. Each serve provides: 1 vegetable, 2 bread and 155 extra kilojoules. Fat = 4.5g Fibre = 4g*

## BAKED SAVOURY CREAMED RICE

- 1 cup brown rice
- 2 cups cold water
- 1 large onion, chopped
- 3 tbs fresh parsley, chopped
- 3 eggs, beaten
- 1½ cups evaporated skim milk
- 1 cup warm water
- salt and pepper to taste
- 120 gms Weight Watchers Reduced Fat Shredded Cheese
- 60 gms Weight Watchers Reduced Fat Shredded Cheese (extra)

**1** Put rice and water in a saucepan. Bring to the boil. Cover and reduce heat to low. Simmer for 30 minutes. Remove from heat and stand with lid on for 15 minutes.

**2** Add onion, parsley, eggs and milk. Season to taste. Combine milk with warm water and add to rice mixture.

**3** Add grated cheese, stir through. Spray a large casserole dish with cooking spray. Spoon rice mixture into a dish. Cover with foil and bake at 180°C for 30 minutes. Remove foil. Sprinkle with extra cheese and continue cooking for 30 minutes.

*Serves 6. Each serve provides: ½ milk, 2 protein and 1 bread. Fat = 11g Fibre = 2g*

## SALMON RICE WITH ASPARAGUS

- 1 tbs margarine
- 1 large onion, chopped
- 1 stick celery, chopped
- 1½ cups cooked rice
- 1 x 440 gm can salmon, drained and flaked
- 1 tbs chopped parsley
- 1 tbs lemon juice
- 1 x 440 gm can cream of asparagus soup
- ½ cup evaporated skim milk
- 120 gms Weight Watchers Reduced Fat Shredded Cheese
- pepper to taste

**1** Melt margarine in a large pan. Add onion and celery. Cook for 2 minutes. Stir in rice, salmon, parsley and lemon juice.

**2** In a separate saucepan, combine undiluted soup, milk and half of the cheese. Heat until cheese melts. Add to rice mixture and mix well. Season to taste.

**3** Spray a casserole dish with cooking spray. Spoon in rice mixture, sprinkle with remaining cheese. Bake at 180°C for 20 minutes.

*Serves 4. Each serve provides: ¼ milk, 1 fat, 2¾ protein, 1¼ vegetable, 1¼ bread and 335 extra kilojoules. Fat = 15g Fibre = 2.5g*

## SAVOURY TOMATOES

- 8 large firm tomatoes
- 1½ tbs olive oil
- 1 clove garlic, crushed
- 150 gms fresh mushrooms, sliced
- 2 small zucchini, grated
- ½ tsp paprika
- 3 shallots, chopped
- 2 cups cooked wild rice/brown rice blend
- 1 cup corn kernels, drained
- 60 gms lean ham, chopped
- 3 tsp lemon juice
- 1 tsp sugar
- 1 tbs fresh coriander, finely chopped
- 120 gms Weight Watchers Reduced Fat Shredded Cheese

**1** Slice tops off tomatoes and carefully scoop out flesh. Invert shells and allow to drain.

**2** Heat oil in a frypan and cook garlic and mushrooms for 2 to 3 minutes. Add zucchini, paprika, shallots, rice, corn, ham and lemon juice. Season to taste.

**3** Sprinkle the inside of each tomato case with a pinch of sugar. Fill the centres with the rice mixture.

**4** Spray a shallow baking dish with cooking spray. Place filled tomatoes in the dish, sprinkle with chopped coriander and grated cheese. Bake at 180°C for 15 to 20 minutes.

*Serves 8. Each serve provides: ¾ fat, 1 protein, 2½ vegetable, ¾ bread and 20 extra kilojoules. Fat = 7.5g Fibre = 3.5g*

*Right: Savoury Tomatoes*





## FLORENTINE RICE SLICE

- 3 Cups Sungold Long Grain Rice, cooked
- 2 eggs, beaten
- 3 tsp olive oil
- 1 onion, finely chopped
- 1 red capsicum, finely chopped
- 125 gms chopped frozen spinach, thawed
- 120 gms ricotta cheese
- 2 eggs, extra, lightly beaten
- 2 tbs Weight Watchers Long Life Skim Milk
- garlic salt

**1** Combine rice and 2 beaten eggs and press into a 23 cm pie plate, that has been sprayed with cooking spray.

**2** Heat oil in a pan and add onion and capsicum. Sauté for 2 to 3 minutes. Remove from heat.

**3** Squeeze spinach to remove excess water and add to the onion mixture together with remaining ingredients. Season to taste with garlic salt.

**4** Spoon spinach mixture over rice base and bake at 180°C for 25 to 35 minutes until set.

*Serves 6. Each serve provides:*

*½ fat, 1 protein, 1 vegetable, 1 bread and 10 extra kilojoules.*

*Fat = 8.5g Fibre = 2.5g*

## HERBED RICE

- 2 tbs fresh coriander, chopped
- 1 tbs fresh parsley, chopped
- 2 tbs fresh chives, chopped
- 2 tsp grated lemon rind
- 4 cups cooked jasmine rice

**1** In a large bowl, combine herbs and lemon rind with hot rice. Keep warm until serving.

*Serves 4. Each serve provides:*

*2 bread. Fat = 0.5g Fibre = 1.5g*

## MEXICAN PANCAKES

### PANCAKE MIXTURE:

- 1 cup cooked brown rice
- 1 cup Weight Watchers Long Life Skim Milk
- 1 egg, separated
- ⅔ cup wholemeal self raising flour
- 3 tsp olive oil
- 40 gms Weight Watchers Reduced Fat Shredded Cheese

### MINCE MIXTURE:

- 360 gms lean minced beef
- 2 tbs Masterfoods Cuisine Essentials — Mexican
- ¾ cup water
- 2 tbs tomato paste
- 120 gms cottage cheese blended with ¼ cup water
- 2 tomatoes, sliced
- 40 gms Weight Watchers Reduced Fat Shredded Cheese (extra)

**1** Place rice and ¼ cup of milk in a saucepan and cook gently until the milk is absorbed. Remove from heat.

**2** Whisk together the egg yolk and remaining milk and add to rice with remaining ingredients.

**3** Beat egg white until stiff and fold into rice mixture.

**4** Heat a non-stick pan, spray lightly with cooking spray and pour 1 tbs of the mixture at a time. Cook till golden on both sides. Set aside and keep warm.

**5** Heat a large non-stick pan. Add mince and cook until browned. Drain off excess fat. Stir in Mexican Seasoning and water. Simmer for 2 to 3 minutes, add tomato paste and stir through.

**6** Spray a shallow tray with cooking spray. Place one pancake on the tray and spread with some of the meat mixture. Layer this with 1 to 2 tbs of cottage cheese mixture, then sliced tomato. Top with a pancake. Continue in this fashion until all ingredients are used. Sprinkle extra cheese on top of last pancake. Bake

at 220°C for 10 to 15 minutes until cheese is melted. Cut into wedges to serve.

*Serves 6. Each serve provides: ½ fat, 2⅔ protein, ½ vegetable, 1 bread and 85 extra kilojoules. Fat = 12g Fibre = 3g*

## SUMMER RICE SALAD

- ½ cup No Oil, Herb and Garlic Salad Dressing
- 2 tbs orange juice
- 1 tsp grated orange rind
- ½ tsp paprika
- 1 tsp chopped chives
- 4 cups Wild Rice Blend, cooked
- 1 stick celery, sliced
- 4 shallots, chopped
- ½ cup canned mandarin segments, drained
- ½ cup pineapple pieces in juice, drained
- 1 head lettuce, washed and separated
- 220 gms can red salmon, drained and flaked
- 1 onion, cut into rings

**1** In a food processor, or blender, process dressing, juice, rind, paprika and chives.

**2** Combine rice, celery, shallots and half the mandarin and pineapple. Fold through ⅔ of the dressing, toss to combine well. Add seasoning to taste.

**3** Layer the lettuce leaves around a large bowl. Spoon rice mixture into centre, top with salmon, remaining mandarin and pineapple. Garnish with onion rings.

*Serves 8. Each serve provides:*

*¼ protein, 1 vegetable, 1 bread, ¼ fruit and 85 extra kilojoules.*

*Fat = 3.5g Fibre = 4g*





*Happiness is like  
potato salad,  
share it and you'll  
have a picnic.*



### STUFFED CAPSICUM

- 1 cup long grain rice
- 120 gms lean shoulder bacon, no visible fat
- 2 onions, finely chopped
- 2 small zucchini, diced
- 2 cloves garlic, crushed
- 1 tomato, chopped
- 1 tsp dried oregano
- freshly ground black pepper
- 8 small to medium red or yellow capsicum, halved and blanched
- 120 gms Weight Watchers Reduced Fat Shredded Cheese

- 1** Cook rice in boiling water until tender. Drain. Rinse in cold water and drain again.
  - 2** Chop bacon into small pieces and grill or dry-fry in a non-stick pan until crisp. Drain on paper towels.
  - 3** Add onions, zucchini and garlic to the pan and cook until softened. Add bacon, tomato and oregano. Season to taste. Stir in rice.
  - 4** Remove seeds and membranes from capsicum. Fill with rice mixture and sprinkle with grated cheese. Cook uncovered for 30 minutes.
- Serves 4. Each serve provides:**  
2½ protein, 3 vegetable and 1½ bread. Fat = 6.5g Fibre = 4.5g

### CURRIED RICE SALAD

- 2 cups cooked rice
- 1 red capsicum, diced
- 40 gms raisins, chopped
- 2 tbs fresh parsley, chopped
- 2 red apples, diced
- 3 shallots, chopped
- 1 stick celery, chopped
- 1 small zucchini, diced

#### DRESSING:

- 2 tbs olive oil
- 2 tbs white vinegar
- 1 clove garlic, crushed
- 1 tsp sugar

- 2 tsp curry powder
- ½ tsp ground cumin
- fresh ground black pepper

- 1** Combine all salad ingredients in a large salad bowl. Mix well.
  - 2** In a food processor, blender or jar, combine all dressing ingredients. Process thoroughly. Pour over salad and toss well.
- Serves 8. Each serve provides:**  
1 fat, ½ vegetable, ½ bread, ½ fruit and 10 extra kilojoules.  
Fat = 5g Fibre = 2g

*Above: Mexican Pancakes*

## WALDORF SALAD

- 8 lettuce leaves
- 3 red apples, diced
- 1 green apple, diced
- juice of 2 lemons
- 6 sticks celery, chopped
- 60 gms walnuts, chopped
- ½ cup low fat natural yoghurt
- 120 gms cottage cheese

**1** Line a salad bowl with the lettuce leaves.

**2** Combine remaining ingredients and mix well. Spoon into prepared bowl.

*Serves 4. Each serve provides:*

*¼ milk, 1 fat, 1 protein, 1½ vegetable, 1 fruit and 50 extra kilojoules.*

*Fat = 14g Fibre = 5.5g*

## SPICY POTATO SALAD

- 2 x 200 gm potatoes
- 4 spring onions, finely chopped
- 1 red Spanish onion
- 2 sticks celery, chopped
- 2 tbs fresh parsley, chopped
- 2 tbs fresh coriander, chopped
- ½ cup low fat natural yoghurt
- 120 gms Quark (low fat cheese)
- 1 tsp grain mustard
- few drops Tabasco sauce
- fresh ground black pepper

**1** Scrub potatoes and cut into small chunks. Microwave or steam until just tender.

**2** Combine warm potatoes with vegetables and herbs.

**3** Mix together yoghurt, Quark, mustard and Tabasco and pour over potato mixture. Season with black pepper.

*Serves 4. Each serve provides: ¼ milk, ½ protein, 1¾ vegetable, and 1 bread.*

*Fat = 3.5g Fibre = 3g*

## LENTIL SALAD

- 2 cups cooked brown lentils
  - 1 onion, finely diced
  - 3 sticks celery, finely chopped
  - 1 cup mushrooms, sliced
  - 2 large tomatoes, chopped
  - 3 tbs chopped mint
- DRESSING:**
- 3 tbs fresh orange juice
  - 2 tsp grated orange rind
  - 1 tbs white wine vinegar
  - ½ cup low fat natural yoghurt

**1** Combine all salad ingredients in a large bowl.

**2** Thoroughly combine all dressing ingredients and pour over salad. Toss well to combine. Serve chilled.

*Serves 6. Each serve provides:*

*1 protein, 1½ vegetable and 50 extra kilojoules. Fat = 0.5g Fibre = 4g*

## TOMATO SALAD

- 5 large ripe tomatoes
- 2 medium red onions
- 1 medium Lebanese cucumber
- 2 tbs balsamic vinegar
- ⅓ cup basil leaves, finely chopped

**1** Cut tomatoes into 8 wedges then cut wedges crosswise. Peel onions and slice thinly. Separate onion rings. Place together in a large bowl.

**2** Sprinkle balsamic vinegar over tomatoes and onions. Toss lightly to combine. Refrigerate for 1 hour.

**3** Toss basil through salad and serve.

*Serves 6. Each serve provides:*

*2 vegetable. Fat = 0g Fibre = 3g*

*Right: Waldorf Salad*













### MELON & CUCUMBER SALAD

#### 2 Lebanese cucumbers

800 gms rockmelon flesh, cubed

2 small red onions

1 tbs parsley, chopped

1 tbs coriander, chopped

½ cup low fat natural yoghurt

**1** Leave cucumbers unpeeled and cut into small chunks. Combine with rockmelon in a large bowl.

**2** Chop onions finely and add to the bowl with the parsley, coriander and yoghurt. Chill well before serving.

*Serves 4. Each serve provides: ¼ milk, 1 vegetable and 1 fruit. Fat = 0.5g Fibre = 3.5g*

### CAESAR SALAD

3 tsp margarine

3 tsp olive oil

2 cloves garlic, crushed

6 slices bread (crusts removed), cut into cubed.

60 gms shoulder bacon (no visible fat), diced

3 cups assorted lettuce leaves, washed and drained

12 cherry tomatoes, sliced in half

1 egg

1 tbs fresh basil, finely chopped

1 tbs fresh coriander, finely chopped

1 tbs lemon juice

1 tbs white vinegar

4 tbs no-oil herb and garlic salad dressing

**1** Heat margarine and oil in a pan. Add garlic and bread cubes. Sauté until bread cubes are golden brown. Remove croutons and drain on paper towel. Allow to cool.

**2** Wipe out pan. Add bacon and cook until crunchy. Remove and

drain on paper towel.

**3** Arrange lettuce leaves in a large bowl. Add cherry tomatoes.

**4** Sprinkle croutons and bacon over lettuce and tomatoes.

**5** In a jar, combine the egg, basil, coriander, lemon juice, vinegar and salad dressing. Shake well until thoroughly combined. Pour over salad and toss. Season with fresh ground black pepper.

*Serves 6. Each serve provides:*

*1 fat, ½ protein, 1½ vegetable, 1 bread and 25 extra kilojoules. Fat = 6.5g*

*Fibre = 2g*

### BEAN SALAD

1 cup fresh green beans

2 cups canned 3 bean mix, drained and rinsed

3 shallots, chopped

1 red capsicum, chopped

1 small red onion, finely diced

1 stick celery, chopped

#### DRESSING:

2 tbs fresh lemon juice

2 cloves garlic, crushed

1 tbs balsamic vinegar

few drops Tabasco sauce

1 tbs olive oil

½ tsp dry mustard

2 tsp Worcestershire sauce

**1** Top and tail green beans, cut into chunks and microwave on HIGH for 1½ minutes. Cool under cold running water.

**2** Mix all salad ingredients together in a large bowl.

**3** Thoroughly combine all dressing ingredients. Pour over bean salad and toss well.

*Serves 4. Each serve provides: 1 fat, 1½ vegetable and 1 bread. Fat = 5.5g Fibre = 8g*

*Left: Caesar Salad*

# Sauces & Preserves

*Delicious dressings and sauces to liven up the most basic food, without ruining your diet.*

## SALSA

- 2 large onions, peeled and chopped
- 2 hot chilli peppers, seeded and chopped
- 1 kg tomatoes, peeled and chopped
- 1 tsp salt
- 1 green capsicum, chopped
- 2 tbs white vinegar
- 1 tbs sugar

**1** Place all ingredients into a large saucepan. Bring to the boil, reduce heat and simmer, uncovered for 1 hour.

**2** Pour into a sterilized jar, seal and refrigerate until ready to use. Makes about 4 cups salsa.

*Serves 8. Each serve of ½ cup provides: 1 vegetable and 45 extra kilojoules. Fat = 0g Fibre = 2.5g*

## TOMATO RELISH

- 500 gms ripe tomatoes, skinned
- 500 gms onions, finely chopped
- 2 tbs sugar
- ⅔ cup Splenda



- 1 cup vinegar
- 1 tbs prepared French mustard
- 1 tbs curry powder
- 2 tsp salt
- 1 tbs cornflour
- 1 tbs water

**1** Combine all ingredients in a large saucepan and bring to the boil. Boil for 20 minutes.

**2** Mix the cornflour and water to a smooth paste. Stir into the hot relish. Boil 3 to 4 minutes longer and pour into hot, sterilised jars while the relish is still hot.

*Each serve of 1 tbs provides 30 extra kilojoules. Fat = 0g Fibre = 0g*

## BBQ SAUCE

- 3 tsp cornflour
- ¾ cup water
- 1 tsp dry mustard
- 2 small onions, chopped
- 2 cloves garlic, crushed
- ¾ cup tomato puree
- 2 tbs honey
- 1 beef stock cube, crumbled
- 2 tbs Worcestershire sauce
- 1 tsp dried basil
- ¼ cup malt vinegar

**1** Blend cornflour with water in a small bowl; place in a large saucepan with remaining ingredients. Bring to the boil, stirring constantly.

**2** Reduce heat, simmer for 15 minutes, stirring occasionally. Cool.

**3** Pour into hot, sterilised jars. Makes about 2½ cups of sauce.

*Each serve of 1 tbs provides 30 extra kilojoules. Fat = 0g Fibre = 0.5g*

*Right: Salsa*





## NO-OIL SALAD DRESSING

- 1 cup cider vinegar
- 2 tbs tomato sauce
- 1 tbs brown sugar
- ½ tsp chilli sauce
- ⅓ cup water
- 1 clove garlic, crushed
- ½ tsp dry mustard
- ½ tsp paprika
- ¼ tsp black pepper
- pinch salt

**1** Place all ingredients into a blender and whip for 30 seconds. Transfer to a jar and refrigerate until ready to use. Makes about 1¾ cups.  
*Each serve of 1 tbs provides 40 extra kilojoules. Fat = 0g Fibre = 0g*

## FAVOURITE FRENCH DRESSING

- 3 tbs Splenda
- 1 tsp salt
- 1 tsp paprika
- 1 tsp dry mustard
- ¼ cup olive oil
- ½ tsp ground coriander
- ¼ tsp pepper
- ¼ cup white vinegar
- 1 clove garlic whole

**1** Combine all ingredients, except for garlic, in a blender bowl and whip for 30 seconds.  
**2** Transfer to a jar and drop in garlic. Cover with a lid and refrigerate for at least 12 hours before using. Will keep several weeks in refrigerator and should be well shaken before using.  
*Each serve of 1 tbs provides: 2 fat and 35 extra kilojoules. Fat = 9g Fibre = 0g*

## SIMPLE YOGHURT DRESSING

- 1 cup low fat natural yoghurt
- 1 tbs lemon juice
- 1 tsp salt
- 1 tsp prepared French mustard

**1** Combine lemon juice, salt and mustard. Slowly add yoghurt. Mix well. Chill before using.  
*Serves 4. Each serve provides: ½ milk. Fat = 0g Fibre = 0g*

## MORNAY SAUCE

- 6 whole cloves
- 1 small onion, peeled and left whole
- 3 cups Weight Watchers Long Life Skim Milk
- 2 tbs margarine
- 30 gms plain flour
- 40 gms gruyere cheese, grated
- ½ tsp dry mustard
- pinch cayenne pepper
- 2 egg yolks
- 60ml reduced fat cream (18% fat)

**1** Press the cloves into the onion.  
**2** In a medium pan, combine onion and milk and bring to the boil over low heat. Remove from heat, strain and discard the onion.  
**3** Melt the margarine in the pan, stir in the flour over low heat until dry and rough textured.  
**4** Remove pan from heat and gradually add milk, stirring constantly. Return to heat, stirring until the mixture boils and thickens.  
**5** Add the cheese, mustard and pepper, stirring until cheese is melted. Remove from heat.  
**6** Stir in egg yolks and cream.  
*Serves 6. Each serve provides: ½ milk, 1⅓ fat, ⅔ protein, ¼ bread and 75 extra kilojoules. Fat = 11g Fibre = 0.5g*

## HAWAIIAN PINEAPPLE SAUCE

- 1 large onion, sliced
- 2 tbs cornflour
- salt and pepper
- 1 tbs olive oil
- 1 clove garlic crushed
- 2 firm tomatoes, sliced
- 1 tbs soy sauce
- 1 chicken stock cube, crumbled
- 1 cup water
- 1½ cups pineapple pieces (no added sugar), reserve ½ cup of juice
- 1½ tbs honey

**1** Toss onion pieces in cornflour seasoned with salt and pepper.  
**2** Heat oil over low heat, add garlic and onion and cook until the onion is soft. Sprinkle remaining cornflour over the pan.  
**3** Add tomatoes, soy sauce, stock cube and water combined, and pineapple juice. Stir well. Heat, stirring continuously until thickened.  
**4** Add pineapple pieces and honey. Simmer 5 minutes. Serve over chicken, fish pieces, ham steaks or pork fillets.  
*Serves 4. Each serve provides: 1 fat, 1 vegetable, ¼ bread, 1 fruit and 110 extra kilojoules. Fat = 5g Fibre = 3g*

## SEAFOOD COCKTAIL SAUCE

- ½ cup natural low fat yoghurt
- 2 tbs Weight Watchers mayonnaise
- 1½ tbs tomato sauce
- ½ tsp Worcestershire sauce
- few drops Tabasco

**1** Combine all ingredients in a bowl and mix well.  
*Serves 4. Each serve provides: ¼ milk and 140 extra kilojoules. Fat = 2g Fibre = 0g*

*Right: Hot Fudge Sauce (recipe on page 56)*





### HOT FUDGE SAUCE

(pictured on page 55)

- 120 gms reduced fat margarine
- 1 tbs cocoa powder
- 50 gms Nestlé Choc Melts
- $\frac{1}{3}$  cup Splenda
- 1 tbs sugar
- $\frac{1}{2}$  cup evaporated skim milk
- few drops vanilla essence

**1** Melt the margarine in a small, heavy-based saucepan. Remove from heat and add the cocoa powder. Whisk until smooth.

**2** Stir in the chocolate, Splenda, sugar and evaporated skim milk. Bring to the boil over a medium heat, stirring constantly.

**3** Remove the sauce from the heat and stir in the vanilla essence.

*Serves 8. Each serve provides: 1½ fat and 260 extra kilojoules. Fat = 8.5g Fibre = 0.5g*

### BRANDY APRICOT SAUCE

- 24 dried apricot halves, chopped
- 1¼ cups water
- 2 tbs Splenda
- $\frac{1}{4}$  tsp ground cinnamon
- 2 tsp brandy

**1** Combine all ingredients in a small saucepan and bring to the boil. Reduce heat and simmer gently for 5 to 6 minutes until the apricots are softened.

**2** Transfer sauce to a blender or food processor and pulse until the mixture is smooth.

*Serves 4. Each serve provides: 1 fruit and 40 extra kilojoules. Fat = 0g Fibre = 2.5g*

### MELBA SAUCE

- 425 gms sliced peaches canned in natural juice, drained, reserve  $\frac{1}{2}$  cup of the juice
- 2 cups of fresh raspberries (or frozen)
- $\frac{1}{2}$  cup Splenda
- 2 tsp cornflour
- 1 tbs peach liqueur
- 2 tbs water

**1** In a food processor, combine peaches and raspberries. Process until smooth. Strain and discard seeds.

**2** Pour the fruit mixture into a pan, add the Splenda and stir over gentle heat until the Splenda is dissolved and the fruit is warm. Do not boil.

**3** Combine the cornflour with the reserved juice and stir into the sauce until it boils and thickens. Stir in liqueur and water. Can be served warm or cold.

*Serves 6. Each serve provides: 1 fruit and 110 extra kilojoules. Fat = 0g Fibre = 4g*

### MANGO AND GINGER SAUCE

- 2 medium mangoes, peeled and flesh chopped
- 1 tbs Splenda
- $\frac{1}{2}$  cup 100% tropical fruit juice (No added sugar)
- 1 tsp fresh ginger, grated
- 4 pieces glacé ginger, diced

**1** In a food processor or blender, combine the mango flesh, Splenda, juice and fresh ginger. Process until smooth.

**2** Stir in the diced glacé ginger.

*Serves 4. Each serve provides: 1¼ fruit and 35 extra kilojoules. Fat = 0g Fibre = 1.5g*



*Right: Melba Sauce*





### CREAMY PASSIONFRUIT SAUCE

---

- 2 egg yolks
- 2 tbs Splenda
- 1 cup evaporated skim milk
- 80ml reduced fat cream (18% fat)
- 1 tsp custard powder
- 1 tsp cornflour
- 3 large passionfruit

**1** Beat the egg yolks and Splenda together in a small bowl until thick and creamy.

**2** Reserve 2 tbs of the milk and combine remaining milk and cream in a heavy saucepan, bring to the boil and remove from heat.

**3** Beat hot milk mixture gradually into egg yolk mixture, and return to pan.

**4** Blend the reserved milk with custard powder and cornflour and stir into the mixture over low heat until it boils and thickens. Remove from heat and stir in the passionfruit pulp. Cover, cool and refrigerate until ready to serve.

*Serves 4. Each serve provides: ½ milk, ½ protein, ¼ fruit and 180 extra kilojoules. Fat = 6 g Fibre = 2g*

### STRAWBERRY SAUCE

---

- 2 tbs sugar
- 2 tbs water
- 4 cups fresh strawberries
- ½ tsp coconut essence

**1** In a small pan, combine the sugar and water. Stir over a low heat until the sugar is dissolved. Bring to the boil and boil for 1 minute. Cool.

**2** In a food processor or blender, pureé the strawberries with the coconut essence.

**3** Stir in the sugar syrup.

*Serves 8. Each serve provides: ½ fruit and 80 extra kilojoules.*

*Fat = 0g Fibre = 1.5g*

### LEMON CHEESE

---

- 2 lemons, juiced
- ½ tsp grated lemon zest
- 3 tbs sugar
- 1 tbs margarine
- 2 tsp cornflour
- ½ cup Weight Watchers Long Life Skim Milk
- 1 egg, beaten

**1** Combine the lemon juice, zest, sugar and margarine in a saucepan. Stir until the margarine is melted.

**2** Make a smooth paste using cornflour and 2 tsp of the milk. Stir into remaining milk. Add beaten egg.

**3** Stir milk mixture into lemon mixture. Stir until it boils and thickens. Remove from the heat and transfer to a sterile jar. Seal and refrigerate until ready to use. Makes 1½ cups.

*Each serve of 1 tbs provides 110 extra kilojoules. Fat = 1g Fibre = 0g*

### PLUM CHUTNEY

---

- 500 gms dark red or blue plums
- 2 medium cooking apples
- 1 large onion, diced
- ½ cup brown vinegar
- ½ tsp mixed spice
- 3 whole cloves

**1** Wash plums and remove stones. Peel and core the apples and chop roughly.

**2** Combine onions with fruit. Add vinegar.

**3** Place in a medium saucepan and bring to the boil. Reduce heat and simmer until the fruit is tender. (About 8 to 10 minutes).

**4** Add spice and cloves and boil for 4 to 5 minutes until chutney has thickened.

**5** Remove cloves if desired and transfer to clean, sterilised jars. Seal. Refrigerate until ready to serve.

*Each serve of 1 tbs provides 30 extra kilojoules. Fat = 0g Fibre = 0.5g*

*If you keep your  
face turned  
towards the sun,  
all the shadows  
of life fall  
behind you.*



### OLD FASHIONED CUSTARD SAUCE

---

- 1 egg, lightly beaten
- 2 tbs sugar
- 1 tbs plain flour
- 2 cups Weight Watchers Long Life Skim Milk
- few drops vanilla essence

**1** In a cup or small bowl, mix together the egg, sugar and flour. Add a little milk.

**2** Transfer to a saucepan and stir over medium heat, slowly adding remaining milk until mixture boils.

**3** Add vanilla and continue cooking and stirring for 1 minute.

*Serves 4. Each serve provides ½ milk, ¼ protein and 200 extra kilojoules.*

*Fat = 1.5g Fibre = 0g*

---

*Right: Lemon Cheese*





# Puddings & Pies

*These favourite old timers taste as good as Grandma's but aren't laden with those killerjoules.*

## CHRISTMAS PUDDING

- 240 gms mixed fruit, chopped
- 60 gms dates, chopped
- 60 gms raisins, chopped
- 40 gms dried apricots, chopped
- ½ cup water
- ¼ cup brown sugar, lightly packed
- ¼ cup Splenda
- 60 gms reduced fat margarine
- 1 tbs dark rum
- ½ tsp bi-carb soda
- 2 eggs, lightly beaten
- ½ cup plain flour
- ½ cup self-raising flour
- 1 tsp mixed spice
- ½ tsp cinnamon
- ½ tsp ginger
- ½ tsp nutmeg
- ¼ tsp cloves, ground

**1** Combine fruit, water, sugar, Splenda, margarine and rum in a saucepan. Stir constantly over high heat until margarine is melted and sugar dissolved. Bring to the boil.



Reduce heat and simmer, uncovered for 8 minutes. Stir in bi-carb soda.

**2** Transfer mixture to a large bowl and stir in eggs. Add sifted flour and spices and combine.

**3** Place mixture into a 6 to 8 cup pudding bowl that has been sprayed with non-stick cooking spray. Cover securely with a layer of greaseproof paper and a layer of aluminium foil tied very tightly with string. Steam for 3½ hours.

**4** Serve with Cinnamon Custard (see next recipe).

*Serves 10. Each serve provides: ½ fat, ¾ bread, 2 fruit and 200 extra kilojoules. Fat = 6.5g Fibre = 3g*

## CINNAMON CUSTARD

- 5 cups Weight Watchers Long Life Skim Milk
- 2½ tbs custard powder
- 4 tsp cinnamon
- 2 tbs Splenda
- 15 gms reduced fat margarine

**1** In a large microwave-proof bowl, mix ½ cup skim milk with the custard powder into a smooth paste. Stir in the remaining skim milk.

**2** Add the cinnamon and Splenda and stir through. Heat in a microwave oven on medium high for 3 minutes. Stir thoroughly. Return to the microwave and cook a further 2 minutes. Stir again. Repeat this procedure until the custard has boiled and is thick and smooth.

**3** Stir in the margarine until it is blended.

*Serves 10. Each serve provides: ½ milk and 65 extra kilojoules. Fat = 1.5g Fibre = 0g*

*Right: Christmas Pudding with Cinnamon Custard*











## CARAMEL PASTRY ROLL

160 gms self raising flour  
1 tbs margarine  
2 tbs Weight Watchers Long Life Skim Milk  
2 green apples, peeled, cored and sliced  
½ cup brown sugar  
1 tbs margarine (extra)  
1 cup boiling water

**1** Combine flour, margarine and milk in a food processor bowl. Process until a firm dough forms.  
**2** Roll out into a 5 mm thick rectangle. Arrange apple slices evenly over pastry. Roll up in Swiss Roll style. Seal edge with a little milk.  
**3** Line a shallow baking dish with non-stick cooking spray. Place roll, seam side down, in tray.  
**4** Mix sugar, margarine and boiling water together. Pour over pastry roll. Bake for 45 to 55 minutes at 180°C until golden brown.  
*Serves 8. Each serve provides: 1 fat, 1 bread, ¼ fruit and 250 extra kilojoules. Fat = 4g Fibre = 1.5g*

## FRUIT MINCE TARTS

**PASTRY:**  
160 gms flour  
1 tbs icing sugar  
60 gms reduced fat margarine  
1 egg yolk  
**FILLING:**  
100 gms mixed fruit  
1 apple, peeled, cored and chopped  
40 gms raisins  
grated rind of 1 orange  
juice of 1 orange  
½ cup water  
1 tbs reduced fat margarine

1 tbs brown sugar  
½ tsp ground cloves  
1 tsp mixed spice  
½ tsp nutmeg  
½ tsp ground ginger

**1** In a food processor bowl, combine all pastry ingredients and pulse until mixed.  
**2** Knead lightly a few times. Wrap in plastic wrap and chill for 1 hour.  
**3** Roll out thinly and cut into circles to fit tart tray.  
**4** Combine all filling ingredients in a small saucepan.  
**5** Bring to the boil, stirring, reduce heat and simmer for 5 minutes. Cool slightly.  
**6** Spoon 1 teaspoonful of mixture into prepared pastry and bake at 200°C for 12 to 15 minutes.  
*Serves 16. Each serve provides: ½ fat, ½ bread, ½ fruit and 75 extra kilojoules. Fat = 2.5g Fibre = 1g*

## CREAMY COCONUT RICE

1 cup cooked white rice, rinsed and cooled  
½ cup coconut milk  
1 cup low fat, fruit salad yoghurt  
1 tbs caster sugar  
1 banana, thinly sliced  
3 large passionfruit

**1** Combine rice, coconut milk, yoghurt, sugar, banana and the pulp of 2 of the passionfruit in a large bowl.  
**2** Divide evenly between 4 serving dishes. Top with the remaining passionfruit pulp. Refrigerate for 3 to 4 hours before serving.  
*Serves 4: Each serve provides: ½ milk, ½ bread, ½ fruit and 355 extra kilojoules. Fat = 7.5g Fibre = 4.5g*

*Left: Caramel Pastry Roll*

### CREAMY BAKED APRICOT RICE PUDDING

- 1 tbs cornflour
- 2 x 375 mls evaporated skim milk
- 6 eggs
- 2 tbs sugar
- 1½ cups cooked rice
- 18 dried apricot halves, diced
- shake of nutmeg and cinnamon

**1** Pre-heat oven to 180°C.  
**2** In a small bowl, make a paste with cornflour and 2 tbs evaporated skim milk.  
**3** In a large bowl, beat the eggs until frothy. Add the remaining evaporated skim milk and sugar.  
**4** Stir cornflour paste into the egg mixture.  
**5** Cover an 8 cup casserole dish with non-stick cooking spray and add rice. Sprinkle diced apricots over the rice.  
**6** Pour milk mixture gently over rice and apricots. Sprinkle with nutmeg and cinnamon.  
**7** Fill a baking dish with about 3 cm water. Place rice pudding dish in water and bake for 35 to 40 minutes or until set.  
*Serve 6. Each serve provides:*  
*1 milk, 1 protein, ½ bread, ½ fruit and 135 extra kilojoules. Fat = 6g Fibre = 2g*

### QUICK APPLE DUMPLINGS

- 1 tbs reduced fat margarine
- 1 cup self raising flour
- 1 egg
- 2 tbs Weight Watchers Long Life Skim Milk
- 4 medium apples
- ½ cup Splenda
- 1 tbs brown sugar
- 2 cups Weight Watchers Long Life Skim Milk

**1** Rub the margarine into the flour, beat the egg and add enough milk to make a firm pastry. Knead lightly and roll out to ½ cm thickness.  
**2** Peel, core and quarter the apples.  
**3** Roll each piece of apple in a small piece of pastry.  
**4** Line a baking dish with non-stick cooking spray. Place apple pastry rolls upside down in dish. Sprinkle with combined Splenda and brown sugar and pour in the two cups of skim milk to barely cover dumplings.  
**5** Bake for 30 minutes at 180°C.  
*Serves 4. Each serve provides:*  
*½ milk, 1 fat, 1½ bread, 1 fruit and 260 extra kilojoules. Fat = 6g Fibre = 4g*

### APPLE & ALMOND CUSTARD FLAN

- 2 cups evaporated skim milk
- 3 tbs custard powder
- ½ cup Weight Watchers Long Life Skim Milk (extra)
- 2 tbs Splenda
- 410 gms canned pie apples
- 40 gms sultanas
- 2 tbs brown sugar
- 30 gms ground almonds
- 2 tsp plain flour
- ½ tsp cinnamon
- ½ tsp nutmeg
- pinch ground cloves
- ½ cup water
- 250 gms fresh lasagne sheets
- 30 gms flaked almonds

**1** Make a paste using the extra milk and custard powder in a large microwave-proof bowl. Combine with milk and Splenda. Microwave on high for 2 minutes. Stir. Microwave for a further 2 minutes. Stir. Repeat this procedure until the custard has boiled and is thick and smooth. Cool.  
**2** Combine apples, sultanas, brown

sugar, ground almonds, flour and spices in a bowl. Add water and mix well.

**3** Spray an 18 x 25 cm dish with non-stick cooking spray. Spread a little apple mixture over the base, cover with ¼ cup custard and top with a layer of lasagne sheets.  
**4** Layer apple, custard and lasagne sheets. Repeat, finishing with a custard layer (thin down this last custard layer with ½ cup water). Sprinkle with almonds. Bake in a moderate oven (180°C) for 30 minutes or until set. Serve hot or cold.

*Serves 8. Each serve provides:*  
*½ milk, ½ fat, ¼ protein, 1¼ bread, ¾ fruit and 150 extra kilojoules.*  
*Fat = 5g Fibre = 3g*

### BANANA BUTTERMILK PANCAKES

- 3 tbs reduced fat margarine
- 1 cup self raising flour
- 1 tbs caster sugar
- 1 egg, lightly beaten
- 2 ripe bananas
- 1½ cups buttermilk

**1** Place margarine, flour and sugar in a food processor bowl and blend until smooth.  
**2** Add egg, banana and buttermilk. Pulse until combined.  
**3** Pre-heat a flat griddle or large non-stick frypan. Pour 1 tbs of smooth batter onto surface and cook on each side until golden brown. Mixture makes 12 pancakes.  
*Serves 4. Each serve (3 pancakes) provides: ½ milk, 1½ fat, 1½ bread, ½ fruit and 195 extra kilojoules.*  
*Fat = 8g Fibre = 2.5g*

### BANANA SLICE WITH LEMON CUSTARD

- 1 cup self raising flour
- ½ tsp ground nutmeg
- 2 tbs brown sugar





- 1½ tbs reduced fat margarine
- 3 bananas, mashed
- 1 egg, lightly beaten

¼ cup evaporated skim milk

**LEMON CUSTARD:**

- 1 tbs Splenda
- 2 tbs custard powder
- ½ tsp grated lemon rind
- 2 cups evaporated skim milk

**1** Pre-heat oven to 180°C.

**2** In a large bowl, sift together flour, nutmeg and brown sugar. Rub in margarine. Combine banana, egg and evaporated skim milk and add to mixture all at once. Mix to a soft dough.

**3** Spray a 19 cm x 29 cm lamington pan with non-stick cooking spray.

Spoon dough into pan. Bake in oven for about 30 minutes or until golden. Serve warm with lemon custard.

**LEMON CUSTARD:**

**1** Combine Splenda, custard powder and rind in a small saucepan. Gradually add a little evaporated skim milk, mix to a smooth paste. Add remaining evaporated milk and stir over medium heat until custard boils and thickens.

*Serves 6. Each serve provides:*

*¾ milk, ½ fat, 1¼ bread, ½ fruit and 160 extra kilojoules. Fat = 3g Fibre = 2g*

**RHUBARB DELIGHT**

**1 bunch rhubarb**

**2 tsp gelatine**

**1 egg white**

**1 tbs brown sugar**

**1** Wash and slice the rhubarb into 5 cm lengths. Place in a microwave proof dish with brown sugar. Stir through. Cover with plastic wrap and cook on high for 4 minutes.

**2** Sprinkle in gelatine, stir and continue cooking on high for 2 minutes. Allow to cool. Chill until almost set.

**3** Beat the egg white until stiff then whip into the almost set rhubarb. Return to refrigerator until ready to serve.

*Serves 4. Each serve provides:*

*¾ vegetable and 95 extra kilojoules. Fat = 0.5g Fibre = 4g*

**Above: Creamy Baked Apricot Rice Pudding**

### RHUBARB & APPLE CRUMBLE

- 1 bunch rhubarb
- 3 apples, peeled, cored and sliced
- 3 tbs Splenda
- ½ tsp ground ginger
- 1 tbs plain flour
- TOPPING:**
- 80 gms plain flour
- ½ cup rolled oats
- ¼ tsp ground ginger
- 1 tbs brown sugar
- 60 gms margarine

**1** Wash rhubarb well and chop stalks into 4 cm pieces. Spray a medium size casserole dish lightly with cooking spray and place fruit into dish.

**2** Combine Splenda, ginger and flour and stir through fruit. Cover and cook in a microwave oven on high for 5 to 7 minutes. Set aside.

**3** Combine flour, oats, ginger and sugar in a bowl and stir well. Rub in margarine until evenly blended.

**4** Sprinkle topping over fruit and place in a moderate oven for 20 minutes until the topping is cooked and lightly browned.

*Serves 6. Each serve provides: 2 fat, ½ vegetable, 1 bread, ½ fruit and 120 extra kilojoules. Fat = 9.5g Fibre = 6g*

### PINEAPPLE ROLL

- 30 gms margarine
- 2 cups self raising flour (set 1 tbs aside)
- 1 tbs Splenda
- 1 egg yolk, beaten
- 2 tsp lemon juice
- ¼ cup cold water
- 1 tbs honey
- 1 x 400 gms can crushed pineapple (in natural juice)
- 1 x 410 gms can pie apple

1 tbs brown sugar

#### SAUCE:

leftover pineapple juice mixed with water to make 1¼ cups

- 1 tbs cornflour
- 2 tsp lemon juice

**1** Rub margarine into the sifted flour and stir in the Splenda. Beat egg yolk with water and lemon juice and add to the mixture. Combine to form firm dough. (Add a little more water if necessary).

**2** Knead lightly, sprinkle work surface with reserved flour and roll out dough into a ½ cm thick rectangular shape.

**3** Mix the softened honey into the drained pineapple and apple, spread over the pastry and roll up as for a Swiss Roll.

**4** Line a baking dish with non-stick cooking spray and place the roll into the prepared dish. Sprinkle with the brown sugar.

**5** Bake at 200°C for 30 minutes or until cooked.

**6** Heat the diluted pineapple juice until boiling. Blend cornflour with a little water and add to the mixture. Cook, stirring until the mixture boils, then simmer for 1 minute. Stir in the lemon juice. Pour over warm roll.

*Serves 8. Each serve provides: ¾ fat, 1½ bread, 1 fruit and 160 extra kilojoules. Fat = 4g Fibre = 2g*

### PASSIONFRUIT BANANA WHIP

- 4 bananas
- 1 packet low-joule lemon jelly
- 1 cup boiling water
- 1 cup low fat vanilla yoghurt (with nutra-sweet)
- 6 passionfruit

**1** Mash bananas until smooth. Dissolve the jelly in the boiling water and mix into banana pulp.

**2** Fold the vanilla yoghurt and passionfruit pulp into the jelly mixture.

Pour into a bowl and refrigerate until set.

*Serves 4. Each serve provides: ½ milk, 1½ fruit and 30 extra kilojoules.*

*Fat = 0.5g Fibre = 6g*

### PUMPKIN PIE

- 1 cup cooked pumpkin
- 1½ tbs brown sugar
- ⅓ cup Splenda
- ½ tsp salt
- ½ tsp cinnamon
- ¼ tsp nutmeg
- 1½ cups evaporated skim milk
- 2 eggs
- PASTRY:**
- 1 cup plain flour
- 1 egg
- 1 tbs margarine
- 1 tbs Weight Watchers Long Life Skim Milk

**1** In a food processor bowl, combine all pastry ingredients and pulse until it forms a firm dough. Roll out to fit a 23 cm pie plate. Trim and set aside.

**2** Mash the pumpkin. Add sugar, Splenda, salt, cinnamon and nutmeg. Mix well.

**3** Add the milk and well beaten eggs and combine. Pour into prepared pastry shell.

**4** Bake at 200°C for 35 to 40 minutes or until set.

*Serves 4. Each serve provides: ¾ milk, 1 fat, ¾ protein, ½ vegetable 1½ bread and 200 extra kilojoules. Fat = 9g Fibre = 2g*

### FRUIT SALAD ICECREAM

- 1 tsp gelatine
- 2 tbs water
- 20 gms margarine
- 1 x 375 mls can evaporated skim milk, chilled
- 1 cup Splenda
- 1 orange, juiced





1 lemon, juiced  
1 banana, mashed  
3 passionfruit

1 fat, 1 fruit and 100 extra kilojoules.  
Fat = 4.5g Fibre = 2.5g

**1** Place gelatine and water in a saucepan and allow to stand for 2 to 3 minutes. Stir over low heat until dissolved.  
**2** Add the margarine and allow to melt. Cool.  
**3** Whip the chilled milk with electric beaters until thick. Add the Splenda and whip until dissolved.  
**4** Beat in the orange and lemon juice and continue whipping until thick. Beat in the cooled gelatine mixture.  
**5** Stir in the mashed banana and passionfruit pulp. Pour into a suitable container and freeze.  
*Serves 4. Each serve provides: ¾ milk,*

## LEMON DELICIOUS

1 tbs margarine  
½ cup Splenda  
2 tbs self raising flour  
1 tsp lemon zest  
2 lemons, juiced  
2 eggs separated

1 cup Weight Watchers Long Life Skim Milk

**1** Beat together the margarine and Splenda until fluffy. Add the flour and beat in.  
**2** Stir in the rind and lemon juice.

Beat the egg yolks with the milk and stir into the mixture.

**3** Beat the egg whites until stiff and fold into the mixture.

**4** Spray a 2 cup casserole dish with non-stick cooking spray. Pour custard into the dish. Stand dish in another dish of water and bake at 180°C for 30 to 35 minutes or until set.

*Serves 4. Each serve provides: ¼ milk, 1 fat, ½ protein, ¼ bread and 50 extra kilojoules. Fat = 6.5g Fibre = 0g*

## BAKED SEMOLINA CUSTARD

7½ tbs Semolina

1500 mls Weight Watchers Long Life Skim Milk

4 tbs Splenda

240 gms sultanas

6 eggs, separated

1 tsp vanilla essence

**1** Place Semolina, milk and Splenda into a large saucepan. Stirring with a whisk, bring slowly to the boil. Let simmer for 15 minutes, stirring occasionally.

**2** Add sultanas and set aside to cool.

**3** When cool, stir in egg yolks and vanilla. Beat egg whites until stiff and fold through the mixture.

**4** Spray a large rectangular baking dish with non-stick cooking spray. Pour mixture into dish and bake at 180°C till set and light brown in colour. Allow to cool before cutting into squares.

*Serves 12. Each serve provides: ½ milk, ½ protein, ¼ bread, 1 fruit and 10 extra kilojoules. Fat = 3g Fibre = 1g*

*Above: Rhubarb And Apple Crumble*

# Baking

*They taste just like grandma's, but these low-joule cookies, cakes, breads and slices won't leave you with the slightest hint of regret.*

## CINNAMON ROLLS

### DOUGH:

- 2 cups plain flour
- 1 sachet dry yeast, 7 gms
- 1 tsp sugar
- ½ cup Weight Watchers Long Life Skim Milk
- 1 egg, beaten
- 2 tbs fat margarine

### FILLING:

- 2 tbs margarine, melted
- 2 tsp cinnamon
- 3 tbs brown sugar

- 1** Sift half of the flour and all other dry ingredients into a bowl.
- 2** Heat the milk and margarine, remove from heat and add beaten egg.
- 3** Add liquid to dry ingredients and beat for two minutes with an electric mixer or 300 strokes by hand. Stir in enough of the remaining flour to make a soft dough.
- 4** Sprinkle the rest of the flour onto a board and knead until smooth and elastic. Approximately 5 minutes.
- 5** Place dough into a large bowl,



cover with plastic wrap and then a tea towel and set aside in a warm place for one hour.

**6** Punch dough in the middle and fold in the sides. Roll to a 20 x 30 cm rectangle.

**7** Brush dough with the melted margarine and sprinkle with combined cinnamon and brown sugar. Roll up as a Swiss Roll and cut into 12 pieces.

**8** Spray a 20 cm square tin with cooking spray. Place rolls in a tin and set aside to rise — about 30 minutes.

**9** Bake at 180°C for 20 to 25 minutes.

*Serves 12. Each serve provides:  
1 fat, 1 bread and 125 extra kilojoules.  
Fat = 5g Fibre = 1g*

## POTATO BREAD

- 4 cups plain flour — reserve ½ cup
- 1 tsp salt
- 1 tsp sugar
- 6 tsp baking powder
- 150 gms potato, well mashed (cold)
- ¾ cup Weight Watchers Long Life Skim Milk
- ¾ cup water

**1** Sift together the flour, salt, sugar and baking powder. Rub in the cooked potato. Add the milk and sufficient of the water to make a soft dough.

**2** Sprinkle the reserved flour onto a board and knead the dough until smooth.

**3** Spray one large or 2 small loaf pans with cooking spray. Press the dough firmly into the pan. Glaze the top with a little milk and bake at 180°C for 1 hour. When cooked, turn out and wrap in a tea towel to cool slowly. Slice when cool.

*Serves 14. Each serve provides: 2 bread and 25 extra kilojoules. Fat = 0.5g Fibre = 1.5g*

*Right: Cinnamon Rolls*





### CORN BREAD

- 2½ cups plain flour
- 1½ cups yellow corn meal
- 2 tsp bi-carb soda
- 2 tsp baking powder
- ½ tsp salt
- ½ cup Splenda
- 2 cups buttermilk
- 2 eggs, beaten
- 3 tbs olive oil

**1** Mix together the dry ingredients. Add buttermilk, eggs and oil. Stir until just blended.

**2** Spray 2 x 25 cm cake pans with cooking spray. Divide the batter evenly. Bake at 200°C for 25 minutes or until cooked.

*Serves 12. Each serve provides:*

*1 fat, 2 bread and 150 extra kilojoules.*

*Fat = 7.5g Fibre = 2g*

### PUMPKIN SCONES

- 1 tbs margarine
- ½ cup Splenda
- 1 tbs hot water
- 1 egg
- 1 cup pumpkin, mashed (cold)
- 2 cups self raising flour
- ½ tsp salt
- 2 tbs plain flour (extra)

**1** Cream the margarine and the Splenda with hot water. Add the egg and beat well.

**2** Add the pumpkin, then the sifted flour and salt. Mix well. If too stiff, moisten with 1 to 2 tbs of skim milk. The mixture should be very tacky.

**3** Sprinkle extra flour on a board. Turn out dough and flour over well before gently patting into shape.

**4** Cut with a floured knife into 15 even sized pieces and shape with

hands to a round.

**5** Spray a baking slide with cooking spray and place scones side by side, just touching. Bake at 210°C for 10 to 12 minutes.

*Serves 15. Each serve provides:*

*¼ fat, 1 bread and 35 extra kilojoules.*

*Fat = 1.5g Fibre = 1g*

### DINNER ROLLS

- 2 x 7 gms sachets dry yeast
- ¼ cup lukewarm water
- 2 tbs sugar
- 3 eggs, well beaten
- 3 tbs olive oil
- 1 tsp salt
- 1 cup warm water
- 4½ cups plain flour

**1** Dissolve the yeast in the lukewarm water with 1 tbs of the sugar.

**2** In a large bowl, mix eggs, sugar, oil, salt, water and dissolved yeast mixture, stirring well.

**3** Beat in the 4 cups of flour, mixing thoroughly. Turn out onto a board covered with half of the remaining flour and knead until smooth. Place into a bowl, cover with plastic wrap and a tea towel and set aside in a warm place to rise for 1 hour.

**4** Punch down and knead again using remaining flour. Return to the bowl, cover and set aside for 30 minutes.

**5** Punch down and roll out to about 2 cm thickness. Cut into 12 portions and roll or shape to desired shape eg. round, long, crescent or knot.

**6** Spray a baking tray with cooking spray and place rolls on tray. Cover and set aside for 30 minutes. Bake at 200°C for 20 to 22 minutes or until browned.

*Serves 12. Each serve provides:*

*1 fat, 2 bread and 130 extra kilojoules.*

*Fat = 7g Fibre = 2g*



*Right: Corn Bread*





❖ ❖ ❖ *Be patient. In time, even an egg will walk* ❖ ❖ ❖

## FRENCH ONION BREAD

**2 sachets single serve, low joule  
instant French Onion soup**

**2½ cups water**

**3 tbs margarine**

**2 tbs honey**

**6 cups plain flour, halved**

**3 x 7 gms sachets dry yeast**

**1 tsp garlic salt**

**4 tbs Parmesan cheese**

**1** Combine soup, water, margarine and honey in a small saucepan over medium heat and simmer for 5 minutes. Cool slightly until just warm.

**2** Combine 3 cups flour, yeast, garlic salt and Parmesan cheese and mix well. Add liquid and mix to a soft dough.

**3** Add 3 more cups of flour. Knead for 10 minutes.

**4** Spray a large bowl with cooking spray and place dough in bowl. Cover and set aside in a warm place for 1 to 1½ hours until doubled in size.

**5** Punch down. Divide in half and shape into 2 round loaves.

**6** Spray 2 baking trays with cooking spray and place loaves on trays. Brush loaves with 1 beaten egg white mixed with 1 tbs water. Cover and set aside for 30 minutes, then bake at 180°C for 30 to 35 minutes. *Makes 2 loaves. Each loaf serves 12.*

*Each serve provides: ½ fat, 1⅓ bread and 100 extra kilojoules. Fat = 3g Fibre = 1.5g*

## BANANA BREAD

**3 tbs margarine**

**¾ cup Splenda**

**2 eggs**

**3 ripe bananas, mashed**

**1 tsp lemon rind, grated**

**1¼ cups plain flour**

**1¼ tsp baking powder**

**½ tsp bi-carb soda**

**½ tsp salt**

**1** Mix together the margarine, Splenda, eggs, banana and lemon rind.

**2** Add the remaining ingredients and mix well.

**3** Spray a loaf pan with cooking spray and spoon the batter into the pan.

**4** Bake at 180°C for 45 to 50 minutes. *Serves 12. Each serve provides: 1 fat, 1 bread, ¼ fruit and 75 extra kilojoules.*

*Fat = 5g Fibre = 1.5g*

## YOGHURT AND CARAWAY SEED BREAD

**1 tbs dried yeast**

**¼ cup warm water**

**2 tsp honey**

**2 cups plain flour, divided**

**½ tsp salt**

**½ small, red Spanish onion, very  
finely chopped**

**2 tsp dried caraway seeds**

**125 gms natural low fat yoghurt**

**1 egg, lightly beaten**

**1 tbs olive oil**

**1 tbs flour, extra**

**1 tsp caraway seeds, extra**

**1** Combine yeast, water and honey in a bowl, cover with plastic wrap and stand in a warm place for about 10 minutes, until frothy.

**2** In a large bowl, sift 1¾ cups flour and salt. Stir in yeast/honey mixture, onion, caraway seeds, yoghurt, egg and oil. Mix to a soft dough.

**3** Knead dough on surface sprinkled with ¼ cup of flour for about 10 minutes until smooth and elastic. Spray a large bowl with cooking spray. Place dough into a bowl.

Cover with plastic wrap and stand in a warm place for about 1 hour, until dough has doubled in size.

**4** Punch dough down. Sprinkle extra flour onto work surface. Knead dough for 5 minutes. Shape into a 50 cm sausage shape. Join ends to form a ring. Spray a large cookie sheet with cooking spray. Place dough ring onto tray and stand uncovered in a warm place for about 30 to 40 minutes or until doubled in size.

**5** Pre-heat oven to 200°C. Spray top of dough with cooking spray and sprinkle lightly with 1 tsp extra caraway seeds. Bake in oven for 15 minutes. Reduce heat to 180°C and continue baking another 15 minutes until browned and bread sounds hollow when tapped.

*Serves 8. Each serve provides:*

*½ fat, 2 bread and 100 extra kilojoules. Fat = 3.5g Fibre = 1.5g*

## WALNUT BREAD

**1 egg**

**½ cup Splenda**

**2 tbs brown sugar**

**½ cup Weight Watchers Long Life  
Skim Milk**

**120 gms self raising flour, sifted**

**120 gms plain flour, sifted**

**90 gms walnuts, chopped**

**1** Beat together the egg, Splenda and sugar, then add milk.

**2** Gradually blend in the sifted flours and then the walnuts.

**3** Spray a loaf tin with cooking spray and spoon the mixture into tin. Bake at 180°C for 30 to 40 minutes.

*Serves 8. Each serve provides: ¾ fat, ½ protein, 1½ bread and 185 extra kilojoules. Fat = 9g Fibre = 2g*

*Right: Fancy Chocolate Sponge  
Cake (recipe on page 74)*





## BLUEBERRY MUFFINS

2 cups plain flour

3 tsp baking powder

½ tsp salt

½ tsp cinnamon

2 tbs brown sugar

1 cup frozen or fresh blueberries

1 egg, lightly beaten

3 tbs reduced fat margarine, melted

1 cup Weight Watchers Long Life Skim Milk

**1** Sift together the dry ingredients. Stir in the fruit.

**2** Combine the egg, margarine and milk.

**3** Pour liquid all at once into the dry ingredients. Blend with no more than 25 strokes of the spoon. (The mixture is not smooth).

**4** Lightly spray non-stick muffin pans with cooking spray and fill each cup ¾ full with mixture.

**5** Bake at 210°C for 15 to 20 minutes or until cooked (i.e. if muffin springs back when touched or muffin shrinks from the sides of the pan.)

*Serves 12. Each serve (1 muffin) provides: ½ fat, 1 bread and 155 extra kilojoules. Fat = 2.5g Fibre = 1g*

## FANCY CHOCOLATE SPONGE CAKE

(pictured on page 73)

2 eggs

2 egg whites

½ cup caster sugar

2 tbs cocoa powder

1 tbs hot water

120 gms self raising flour

2 tbs cold water

2 cups fresh strawberries

3 tbs Weight Watchers Strawberry Jam

240 gms ricotta cheese

1 tsp icing sugar

**1** Pre-heat oven to 180°C. Spray 2 x 18

cm round cake tins with cooking spray.

**2** Using electric beaters, beat together the eggs and egg whites in a small bowl for 8 minutes, until thick.

**3** Gradually add the sugar, beating constantly until the mixture is pale yellow and glossy. Transfer to a large mixing bowl.

**4** Dissolve the cocoa powder in the hot water. Using a metal spoon, fold in the sifted flour with the cocoa and cold water quickly and lightly.

**5** Spread mixture evenly into prepared tins. Bake for 25 minutes or until sponges shrink away from the sides of the tins. Stand in tins for 5 minutes before turning onto a wire rack to cool.

**6** Wash and dry the strawberries. Set aside the best 12 strawberries. Chop the remaining strawberries and combine with the jam.

**7** Using electric beaters, beat the ricotta cheese and icing sugar until thick and creamy.

### TO ASSEMBLE CAKE

**1** Place one section of cake onto a serving plate. Spread with half of the ricotta mixture. Top with the combined strawberries and jam.

**2** Spread the remaining ricotta mixture on top of the remaining cake section. Place on top of bottom layer.

**3** Slice reserved strawberries in half and place on top section of cake.

*Serves 8. Each serve provides: ¾ protein, ¾ bread, ¼ fruit and 370 extra kilojoules. Fat = 5.5g Fibre = 1.5g*

## SIMPLY DELICIOUS CHOCOLATE CAKE

### CAKE:

125 gms reduced fat margarine

1 cup Splenda

1 tsp vanilla essence

2¼ cups self raising flour, sifted

1 tsp bi-carb soda

3 tbs cocoa powder, sifted

1 x 375 ml can evaporated skim

milk

### TOPPING:

60 gms Nestlé Choc Bits

1 tbs reduced cream

### CAKE:

**1** Pre-heat oven to 180°C. Spray a 23 cm ring tin with non-stick cooking spray.

**2** Place margarine, Splenda and vanilla in a food processor bowl. Process until smooth.

**3** Add remaining ingredients and process until lightly mixed.

**4** Spoon into prepared tin and bake in oven for 25 to 30 minutes.

**5** Cool in tin for 5 minutes then transfer to wire rack. When cold, cover with topping.

### TOPPING:

**1** In a small bowl, microwave the Choc Bits on MEDIUM for 1 minute or until melted. Add reduced cream and stir until smooth.

*Serves 12. Each serve provides: ¼ milk, 1 fat, 1¼ bread and 190 extra kilojoules. Fat = 7g Fibre = 1.5g*

## DATE LOAF

80 gms fresh dates ,chopped

2 tbs brown sugar

¼ cup Splenda

60 gms reduced fat margarine

1 cup warm water

1 tsp bi-carb soda

240 gms self raising flour, sifted

2 tsp vanilla essence

**1** Pre-heat oven to 180°C. Spray a loaf tin with cooking spray.

**2** Combine dates, sugar, Splenda, margarine, water and soda in a saucepan. Stir over heat until the margarine is melted. Cool slightly.

**3** Add flour and vanilla. Mix well. Bake for 35 minutes. Cool in the tin before turning out.

*Serves 8. Each serve provides: ¾ fat, 1½ bread, ½ fruit and 95 extra kilojoules. Fat = 3.5g Fibre = 2g*

*Right: Blueberry Muffins*





## TEA CAKE

1 tbs margarine

1/3 cup sugar

1 egg, beaten

160 gms self raising flour

1/2 cup Weight Watchers Long Life Skim Milk

vanilla essence, to taste

### TOPPING:

1 tbs margarine, melted

2 tsp brown sugar

2 tsp coconut

1 tsp cinnamon

**1** Cream the margarine and the sugar, add egg, milk, and essence. Mix well then stir in sifted flour.

**2** Pour into a ring tin that has been sprayed with cooking spray and bake at 180°C for 30 minutes.

**3** Combine topping ingredients and, while cake is still hot, spread the topping over.

*Serves 8. Each serve provides:*

*1 fat, 1 bread and 255 extra kilojoules.*

*Fat = 5g Fibre = 1g*

## CARROT PINEAPPLE CAKE

200 gms wholemeal self raising flour

70 gms soya flour

2 tsp cinnamon

2 tsp bi-carb soda

1 cup carrot, grated

1 cup apple, grated

1 cup crushed pineapple, drained

1/2 cup chopped walnuts (60 gms)

3 tbs coconut

4 eggs, beaten

120 gms reduced fat margarine, melted

1 cup Splenda

3/4 cup soured Weight Watchers Long Life Skim Milk (add 1 tsp vinegar to fresh skim milk)

### TOPPING:

2 apples

360 gms ricotta cheese

1 tsp cinnamon

**1** Into a large bowl, sift flour, soya flour, cinnamon and bi-carb soda.

**2** Combine carrot, apple, pineapple, nuts and coconut together in one bowl.

**3** Combine eggs, melted margarine, Splenda and milk in another bowl.

**4** Mix the carrot mixture with the egg mixture and fold into the flour mixture.

**5** Spray a 20 cm x 30 cm cake tin with cooking spray and pour cake batter into prepared tin. Bake 30 to 40 minutes at 180°C or until cooked.

### TOPPING:

**1** Peel, core, chop and stew the apples. Cool.

**2** Pureé the apple, ricotta and cinnamon. Spread over the cooled cake.

*Serves 12. Each serve provides: 1 1/2 fat,*

*1 protein, 1 bread, 1/2 fruit and 140*

*extra kilojoules. Fat = 15g*

*Fibre = 4.5g.*

## ORANGE CAKE

3 tbs margarine

2 eggs

1/2 cup Splenda

1 tsp vanilla essence

160 gms self raising flour

3 tbs orange juice

1 tsp orange rind, grated

80 gms mixed fruit

**1** Combine all ingredients, except for dried fruit, in a medium mixing bowl and beat for 5 minutes.

**2** Stir in dried fruit.

**3** Spray a medium, round cake pan with cooking spray. Pour mixture into pan and bake at 180°C for 30 to 40 minutes until cooked.

*Serves 8. Each serve provides: 1 1/2 fat,*

*1/4 protein, 1 bread, 1/2 fruit and 40*

*extra kilojoules. Fat = 7.5g*

*Fibre = 1.5g*



*Carrot & Pineapple Cake*





*The only low calorie sweetener  
that mixes so well in cooking  
and matches the taste of sugar.*



*If you want the taste of sugar in your cooking and baking without all the calories, add a spoonful or two of SLENDA® Brand Sweetener. SLENDA is the only low calorie sweetener that mixes so well, in most recipes to give you a delicious result. Some low calorie sweeteners do not have a sugar-like taste. The others lose their sweetness in the cooking and the baking. However SLENDA looks, pours, measures and tastes like sugar. So, now you can have the taste of sugar, with only 1/8 of the calories.*



## Summer Berry Pudding

300g frozen raspberries ♦ 1/2 cup SLENDA ♦ 500g fresh berries  
♦ 10 slices day old white bread

Defrost raspberries and combine with SLENDA. Cut any large berries in half and add to raspberries.

Remove crusts from bread and cut each slice in half. Place two pieces of bread in the base of a 6–8 cup pudding basin. Arrange 12 pieces of bread in an overlapping fashion, around the sides of the pudding basin.

Spoon the berry mixture into the bread case, then top with remaining bread slices. Cover and place weights on top of the pudding and refrigerate overnight. Turn out of pudding basin and serve immediately. Serves 6–8.

## Healthy Carrot Cake

3/4 cup SLENDA ♦ 3/4 cup Canola oil ♦ 3 eggs ♦ 2 cups self-raising flour ♦ 1 teaspoon nutmeg ♦ 1/2 cup low fat milk ♦ 250g carrots, grated ♦ 1/2 cup pecan nuts, chopped.

Combine SLENDA and oil. Add eggs, beating well after the addition of each one.

Fold in flour, nutmeg, milk, carrots and pecan nuts.

Spoon mixture into a lined 9 x 19cm loaf pan. Bake at 180°C for 1 1/4 hours or until cooked. Serves 12.

## Apple and Pear Pie

2 cups plain flour ♦ 1/2 cup SLENDA ♦ 125g butter ♦ 1 egg yolk ♦ 3 large Granny Smith apples, peeled, cored and sliced ♦ 3 large pears, peeled, cored and sliced ♦ 1/2 cup SLENDA ♦ 2 tablespoons plain flour ♦ 1 teaspoon cinnamon.

Place flour, SLENDA and butter in a food processor. Process to combine. Add egg yolk and sufficient water to make soft dough. Roll out 2/3 of the pastry and use to line a deep 23cm pie dish.

Combine apples, SLENDA, flour and cinnamon. Spoon into pie base. Roll out remaining pastry and use to top the pie. Bake at 180°C for 50 minutes. Serves 8.

## Melon in Champagne Jelly

Melons – honeydew, rockmelon, champagne melon, water-melon, etc.  
♦ 3 teaspoons (1 sachet) gelatine ♦ 1 1/4 cups Champagne ♦ 1/3 cup SLENDA.

Scoop 1 1/2 cups of small melon balls from the assorted melons, removing all seeds. Place melon balls in six 100ml greased timbale moulds. Sprinkle gelatine over 1/4 cup of Champagne. Dissolve over simmering water. Combine gelatine mixture with remaining Champagne and SLENDA. Stir until froth subsides. Pour over melon balls and refrigerate until set. Serves 6.



Splenda.<sup>®</sup>

Made from sugar so it tastes like sugar.

## BANANA CHOC CHIP MUFFINS

- 2 cups self raising flour, sifted
- 1/3 cup skim milk powder
- 2 tbs Splenda
- 90 gms Nestlé Milk Bits
- 60 gms reduced fat margarine, melted
- 1 egg, lightly beaten
- 1 cup water
- 3 ripe bananas, mashed

**1** In a large mixing bowl, combine the flour, milk powder, Splenda and choc chips.

**2** Mix together the margarine, egg, water and mashed banana.

**3** Pour the liquids into the dry ingredients and mix together quickly (not too many strokes).

**4** Lightly spray 12 non-stick muffin pans with cooking spray. Fill each cup 2/3 full with mixture and bake at 210°C for 15 to 20 minutes or until cooked. (Tests when cooked — muffin springs back when touched or muffin shrinks from the sides of the pan.)

*Serves 12. Each serve (1 muffin) provides: 1/2 fat, 1 bread, 1/4 fruit and 275 extra kilojoules. Fat = 5g Fibre = 1.5g*

## APPLE CAKE

- 60 gms reduced fat margarine
- 1/2 cup Splenda
- 1 egg
- 1/2 tsp ground ginger
- 1/2 tsp ground cinnamon
- 160 gms self raising flour
- 2 cups cooked apple, cold

**1** Cream the margarine and Splenda together. Beat in the egg and ginger.

**2** Add the flour and knead these well together to make a firm dough. Divide the mixture in two and roll each half to fit a 23 cm diameter

cake tin.

**3** Spray the tin with cooking spray and place one circle of dough into the tin. Spread with apple and sprinkle with cinnamon.

**4** Place remaining circle of dough over apple.

**5** Bake in a moderate oven (180°C) for 25 to 30 minutes.

*Serves 8. Each serve provides: 3/4 fat, 1 bread, 1/2 fruit and 65 extra kilojoules.*

*Fat = 4g Fibre = 1g*

## BANANA AND APPLE CAKE

- 2 cups self raising flour
- 2 tsp baking powder
- 1 tsp ground cinnamon
- 1 tbs honey
- 80 gms reduced fat margarine, melted
- 1/2 cup Weight Watchers Long Life Skim Milk
- 2 eggs, lightly beaten
- 3 ripe bananas, mashed
- 3 small apples, peeled, cored and chopped

**1** Pre-heat oven to 180°C.

**2** Spray a 20 cm baba tin with cooking spray.

**3** Sift together flour, baking powder and cinnamon. Combine honey and melted margarine and stir until smooth.

**4** Combine milk and eggs with margarine mixture and add gradually to flour mixture. Stir until well combined and smooth.

**5** Stir in bananas and apple and pour mixture into prepared tin. Smooth the top and place into oven. Bake for 50 minutes or until cooked. Stand cake in tin for 10 minutes before turning onto a rack to cool.

*Serves 8. Each serve provides: 1 fat, 1 1/2 bread, 3/4 fruit and 170 extra kilojoules. Fat = 6g Fibre = 2.5g*

## POTATO CAKE

- 1 cup potato, mashed
- 1 cup Splenda
- 1 1/4 cups Weight Watchers Long Life Skim Milk
- 2 cups self raising flour
- 120 gms mixed dried fruit

**1** Pre-heat oven to 180°C.

**2** In a medium bowl, combine the potato, Splenda and milk. Mix well.

**3** Stir in the flour and fruit until well combined.

**4** Spoon mixture into a medium cake pan that has been sprayed with cooking spray. Bake in moderate oven (180°C) for 50 to 60 minutes or until cooked. This cake is dense and moist, even when fully cooked. It can also be used as a pudding and served with custard.

*Serves 8. Each serve provides: 2 bread, 3/4 fruit and 105 extra kilojoules. Fat = 0.5g Fibre = 2.5g*

## PUMPKIN FRUIT CAKE

- 120 gms reduced fat margarine
- 1 cup Splenda
- 1 cup cooked pumpkin, mashed
- 2 eggs, lightly beaten
- 1 tbs golden syrup
- 2 cups self raising flour
- 1/2 tsp mixed spice
- 160 gms mixed dried fruit

**1** Cream the margarine and Splenda, add pumpkin and mix well.

**2** Beat in the eggs and golden syrup. Stir in half the sifted flour and spice. Fold in mixed fruit.

**3** Add remaining flour and spoon mixture into a large cake pan that has been sprayed with cooking spray. Bake at 180°C for 65 to 70 minutes or until cooked.

*Serves 8. Each serve provides: 1 1/2 fat, 1/4 protein, 1 1/2 bread, 1 fruit and 120 extra kilojoules. Fat = 8g Fibre = 3g*





### DATE SLICE

- 120 gms dates, chopped
- 60 gms reduced fat margarine
- 1 tbs brown sugar
- 1 tbs water
- 3½ cups Rice Bubbles
- 60 gms Nestle Plaistowe Rich Dark Chocolate, melted

**1** In a small saucepan, combine dates, margarine and sugar. Add water and bring to the boil. Reduce heat and simmer for 4 to 5 minutes, or until dates are soft.

**2** Add Rice Bubbles and mix thoroughly.

**3** Spray a lamington tray with cooking spray. Press Rice Bubbles and

date mixture firmly into tin and refrigerate until cold and set.

**4** Spread melted chocolate over firm slice. Allow to set. Cut into slices.

**5** Best served same day.

*Serves 12. Each serve provides: ½ fat, ½ bread, ½ fruit and 135 extra kilojoules. Fat = 3.5g Fibre = 1g*

### JAM SLICE

#### BASE:

- 1 tbs reduced fat margarine
- 1 tbs sugar
- 1 egg
- 150 gms self raising flour
- 12 tsp Weight Watchers Forest Fruit jam

*It is to be  
remembered that  
— a quitter  
never wins  
and a winner  
never quits.*



#### TOPPING:

- 3 tbs reduced fat margarine
- ¼ cup sugar
- 1 egg
- 3 tbs self raising flour
- ¼ cup Weight Watchers Long Life Skim Milk
- 1 tsp cinnamon
- 1 tsp mixed spice

**1** Cream margarine and sugar, add lightly beaten egg, then flour. Mix well.

**2** Roll out thinly to fit the base of a lamington tin.

**3** Spread jam over the pastry.

**4** Cream the margarine and sugar for the topping. Add well beaten egg. Fold in sifted flour alternately with milk.

**5** Spread the topping mixture over the jam layer.

**6** Bake for 30 to 35 minutes at 180°C. Cut into 16 fingers while still warm and allow to cool in tin.

*Serves 16. Each serve provides: ½ fat, 1 bread and 150 extra kilojoules. Fat = 2.5g Fibre = 0.5g*

*Above: Jam Slice*

## OATIES

**1½ cups wholemeal self raising flour**

**1½ cups rolled oats**

**½ cup desiccated coconut**

**60 gms sultanas**

**100 gms dates, chopped**

**80 gms currants**

**120 gms reduced fat margarine**

**1½ cups Weight Watchers Long Life Skim Milk**

**1 tsp vanilla essence**

**2 tbs lemon juice**

**1** In a large bowl combine the flour, oats, coconut, sultanas, dates and currants.

**2** In a saucepan, melt the margarine, add milk, vanilla and lemon juice.

**3** Gradually add liquid ingredients to dry ingredients and stir until thoroughly combined.

**4** Spray a Swiss roll tin with cooking spray. Press mixture into tin and bake in a moderate oven (180°C) for 30 to 35 minutes. Cut into squares while still hot.

*Serves 24. Each serve provides:*

*½ fat, ¾ bread, ½ fruit and 90 extra kilojoules. Fat = 4g Fibre = 2g*

## CHOCKY ROCKS

**240 gms reduced fat margarine**

**1 cup Splenda**

**2 eggs**

**½ tsp vanilla essence**

**2 cups self raising flour**

**80 gms sultanas**

**90 gms Nestlé Choc Bits**

**4 cups corn flakes**

**1** Cream margarine and Splenda until light and fluffy. Add eggs one at a time and beat well. Add vanilla and blend.

**2** Fold through sifted flour, sultanas, Choc Bits and 2 cups of corn flakes.

Form into walnut size balls and roll in remaining cornflakes.

**3** Spray baking trays with cooking spray and place balls 2 cm apart. Bake at 180°C for 15 to 20 minutes or until light golden brown on the underside. Cool on racks and store in airtight containers.

*Serves 48. Each serve (1 biscuit)*

*provides: ½ fat, ⅓ bread and 75 extra kilojoules. Fat = 3g Fibre = 0.5g*

## MERINGUES

**2 egg whites**

**pinch of cream of tartar**

**pinch of salt**

**½ cup caster sugar**

**½ tsp vanilla essence**

**1** Beat the egg whites with cream of tartar and salt until stiff, not dry.

**2** Add sugar, 1 tsp at a time, beating until stiff after each addition. Fold in vanilla. Continue beating until stiff peaks form.

**3** Line a baking tray with baking paper. Drop large spoonful of mixture onto tray and bake at 150°C for 40 to 60 minutes or until lightly browned. Remove at once from paper.

*Serves 18. Each serve (1 meringue)*

*provides: 140 extra kilojoules.*

*Fat = 0g Fibre = 0g*

## APRICOT SQUARES

**BASE:**

**120 gms reduced fat margarine**

**¾ cup plain flour**

**1 cup self raising flour**

**½ cup Splenda**

**1 egg, lightly beaten**

**TOPPING:**

**1 x 425 gm can apricot halves in natural juice**

**3 tbs custard powder**

**3 tbs cornflour**

**2 tbs brown sugar**

**2 tsp toasted desiccated coconut**

**BASE:**

**1** Combine all ingredients. Mix well.

**2** Spray a lamington tin with cooking spray. Spoon mixture into tin and bake in a moderate oven (180°C) for 15 to 18 minutes or until cooked.

**TOPPING:**

**1** Pureé the apricots and the juice. Blend the custard powder and cornflour with a little water to make a smooth paste. Stir into the pureéd fruit.

**2** Combine the fruit mixture with the sugar in a small saucepan and bring to the boil, stirring until thickened.

**3** Pour topping over base while still hot. Sprinkle with toasted coconut. Leave to cool. Cut into 24 pieces when cold.

*Serves 24. Each serve (1 square)*

*provides: ½ fat, ½ bread and 80 extra kilojoules. Fat = 2.5g Fibre = 1g*

## APRICOT SLICE

**120 gms reduced fat margarine**

**¼ cup Splenda**

**1 egg**

**1 cup self raising flour**

**180 gms dried apricots, diced**

**3 tbs desiccated coconut**

**1** Melt the margarine and Splenda. Beat until fluffy. Add the egg and beat well.

**2** Stir in the flour, dried apricots and coconut.

**3** Spray a sandwich tin with cooking spray and bake in a moderate oven (180°C) for 30 to 35 minutes.

*Serves 12. Each serve provides: 1 fat, ½ bread, ¾ fruit and 90 extra kilojoules. Fat = 5.5g Fibre = 2g*

*Right: Apricot Squares*





## PINEAPPLE ROCK CAKES

**2 cups self raising flour**  
**½ tsp mixed spice**  
**90 gms reduced fat margarine**  
**¼ cup Splenda**  
**½ cup well drained crushed pineapple in juice (no added sugar)**  
**80 gms sultanas**  
**1 egg, beaten**  
**½ cup pineapple juice**

**1** Sift dry ingredients into a basin and rub in the margarine.  
**2** Add Splenda, pineapple and sultanas, blending well.  
**3** Beat egg and pineapple juice. Make a well in the centre of the dry ingredients and add the egg mixture. Stir until well combined.  
**4** Spray a baking tray with cooking spray and place dessertspoonsful of mixture onto the tray. Bake at 180°C for 20 to 25 minutes.  
*Serves 18. Each serve (1 rock cake) provides: ½ fat, ¾ bread, ⅓ fruit and 25 extra kilojoules. Fat = 2.5g Fibre = 1g*

## CATHERINE WHEELS

**100 gms reduced fat margarine**  
**½ cup Splenda**  
**1 egg**  
**3 tbs Weight Watchers Long Life Skim Milk**  
**1½ cups self raising flour**  
**½ tsp vanilla essence**  
**1 tbs cocoa powder, sifted**

**1** Cream together the margarine and Splenda. Add the egg and milk. Beat well.  
**2** Stir in the flour. Mix well.  
**3** Halve the mixture. Leave one half as is and add the vanilla and cocoa to the remaining half. Roll both mixtures out thinly. Place on top of the other, pressing well together.  
**4** Roll up from the long side and cut

into slices about 1 cm each. Spray a cookie slide with cooking spray and place biscuits 2 cm apart. Bake at 200°C for 10 minutes.  
*Serves 10. Each serve provides: 1 fat, 1 bread and 80 extra kilojoules. Fat = 5g Fibre = 1g*

## CRISP BUBBLE BISCUITS

**120 gms reduced fat margarine**  
**¾ cup Splenda**  
**1 egg, beaten**  
**2 cups Rice Bubbles**  
**1 cup self raising flour**  
**60 gms currants**

**1** Cream the margarine and Splenda together. Add the beaten egg and beat well.  
**2** Stir in the Rice Bubbles, flour and currants.  
**3** Spray a cookie slide with cooking spray. Place teaspoonsful of mixture onto prepared tray and bake in a moderate oven (180°C) for 12 to 14 minutes until lightly browned.  
*Serves 12. Each serve provides: 1 fat, ¾ bread, ¼ fruit and 50 extra kilojoules. Fat = 4.5g Fibre = 1g*

## CINNAMON DROPS

**120 gms reduced fat margarine**  
**½ cup Splenda**  
**1 egg, lightly beaten**  
**1¼ cups plain flour**  
**2 tsp baking powder**  
**2 tsp ground cinnamon**  
**12 blanched almonds, split**

**1** Cream the margarine and Splenda together and add the beaten egg. Mix thoroughly.  
**2** Sift the flour, baking powder and cinnamon together and fold into the mixture. Mix well.  
**3** Spray baking trays with cooking spray. Drop teaspoonsful of the mixture onto the trays. Flatten with a

fork and press half of an almond into the top of each biscuit. Bake in a moderate oven (180°C) for 10 to 12 minutes.  
*Serves 12. Each serve (2 biscuits) provides: 1 fat, ¾ bread and 65 extra kilojoules. Fat = 5.5g Fibre = 0.5g*

## SULTANA CORNFLAKE COOKIES

**120 gms reduced fat margarine**  
**½ cup Splenda**  
**1 egg**  
**2 tbs coconut**  
**80 gms sultanas**  
**1 cup self raising flour**

**2 cups cornflakes, lightly crushed**

**1** Cream the margarine and Splenda. Beat in egg. Mix until light and fluffy.  
**2** Stir in coconut, sultanas and flour.  
**3** Roll teaspoonsful of mixture into balls. Roll in cornflakes.  
**4** Spray baking trays with cooking spray and place biscuits 2 cm apart. Bake in a pre-heated 180°C oven for 20 minutes or until golden brown. Place on a wire rack to cool.  
*Serves 12. Each serve provides: 1 fat, ¾ bread, ⅓ fruit and 100 extra kilojoules. Fat = 5.5g Fibre = 1g*

*Right: Sultana Cornflake Cookies*





# Chocolate

*Indulge your love for chocolate with these sweet treats without blowing your diet.*

## CHOCOLATE ORANGE DESSERT CAKE

- 120 gms reduced fat margarine
- ¾ cup Splenda
- 1 orange, peeled thoroughly  
grated rind of 1 orange
- 6 eggs
- ½ cup buttermilk
- 2 cups self raising flour, sifted
- 120 gms Nestlé Plaistowe Rich  
Dark Chocolate, grated

**1** Pre-heat oven to 180°C.  
**2** In a food processor bowl, combine the margarine, Splenda, orange and rind. Process until fluffy.  
**3** Add the eggs and buttermilk and process until combined.  
**4** Add the flour and pulse until mixed thoroughly.  
**5** Stir through the grated chocolate.  
**6** Spray a medium cake pan with cooking spray and pour in cake mixture. Bake for 35 to 40 minutes until cooked. Stand for five minutes in the tin then turn out onto a rack to cool. Serve with low fat icecream.  
*Serves 12. Each serve provides: 1 fat, ½ protein, 1 bread and 275 extra kilojoules. Fat = 10g Fibre = 1.5g*



## CHOCOLATE CUSTARD

- 2 tbs custard powder
  - 1 tbs Splenda
  - 625 mls evaporated skim milk
  - 120 gms Nestlé Choc Melts
- 1** Place the custard powder and Splenda into a bowl with 2 tbs of the milk. Mix to a smooth paste.  
**2** Bring the remaining milk to the boil. Remove from heat. Stir in the custard mixture so it is well combined.  
**3** Return the pan to the heat and cook for 1 minute, stirring constantly.  
**4** Add the chocolate and stir until it is melted. Serve hot.  
*Serves 4. Each serve provides: 1¼ milk, ¼ bread and 665 extra kilojoules. Fat = 9g Fibre = 0.5g*

## CHOC MOUSSE

- 120 gms Nestlé Choc Melts
- 1½ cups evaporated skim milk
- 3 eggs
- 2 tbs Splenda
- 1 packet low-joule orange jelly

**1** Place chocolate and half the milk in a saucepan and stir over low-heat until the chocolate is completely dissolved. Add remaining milk, set aside to cool.  
**2** Separate the egg yolks from the whites, cream yolks with Splenda.  
**3** Whisk chocolate milk into egg yolks then return to the pan. Stir over gentle heat until mixture thickens enough to coat the back of a spoon.  
**4** Dissolve jelly in ⅓ cup hot water. Add to chocolate custard and refrigerate until on the point of setting.  
**5** Beat the egg whites until stiff and fold into the chocolate mixture. Pour into a prepared mould and refrigerate until set.  
*Serves 6. Each serve provides: ½ milk, ½ protein and 470 extra kilojoules. Fat = 8.5g Fibre = 0g*

*Right: Choc Mousse*





## GINGERBREAD MEN

- 120 gms reduced fat margarine
- 65 gms brown sugar
- 180 gms self raising flour
- 2 tsp ground ginger
- 1 tsp baking powder
- 50 gms Nestlé Choc Melts
- 10 gms Nestlé Choc Bits

- 1** Cream the margarine and sugar.
  - 2** Add sifted flour, ginger and baking powder. Beat until well combined.
  - 3** Roll out to 3 mm thickness between two sheets of greaseproof paper. Cut gingerbread men shapes; cut a hole for a hanger using the end of a straw.
  - 4** Carefully place the gingerbread men onto trays that have been covered with baking paper. Press 3 Choc Bits into the body in a row. Bake at 180°C for 10 to 12 minutes. Cool on trays.
  - 5** Melt the Choc Melts in a microwave oven on MEDIUM for 2 to 3 minutes. Stir. Dip the feet and hands of the gingerbread men in the melted chocolate and allow to set.
- Serves 18. Each serve provides: 2/3 fat, 1/2 bread and 140 extra kilojoules.*  
*Fat = 3.5g Fibre = 0.5g*

## ALMOND BREAD

- 3 egg whites
- 1/4 cup caster sugar
- 150 gms plain flour
- 150 gms almonds
- 2 tsp vanilla essence
- 60 gms Nestlé Milk Melts

- 1** Beat egg whites in a small bowl until soft peaks form, gradually add caster sugar and beat for several minutes until the mixture is shiny and stiff.
- 2** Fold in the sifted flour, nuts and vanilla. Spread the mixture into an 8 cm x 26 cm bar pan that has been

sprayed with cooking spray and lined with greaseproof paper.

**3** Bake in a moderate oven for about 30 minutes or until firm to the touch. Remove loaf from the tin and allow to cool completely. When cold, wrap in foil and keep 1 to 2 days before slicing thinly. Place slices on oven trays in a single layer. Bake slices in a moderate oven for 10 minutes or until lightly browned and crisp.

**4** Melt the chocolate and using a pastry brush, coat one end with the chocolate. Allow to cool and set before serving. Makes approximately 48 slices.

*Serves 12. Each serve (4 slices) provides: 1 fat, 1/2 protein, 1/2 bread and 300 extra kilojoules. Fat = 8.5g Fibre = 1.5g*



*If at first you  
don't succeed, try  
again when  
nobody's looking.*



## CHOCOLATE OATMEAL MACAROONS

- 150 gms quick cooking rolled oats
- 1 tsp baking powder
- 60 gms Nestlé Choc Bits
- 60 gms Nestlé White Bits
- 3 tbs golden syrup
- 90 gms reduced fat margarine,  
melted
- 1 egg

- 1** Mix the dry ingredients.
- 2** Combine the golden syrup with the melted margarine and stir in the beaten egg. Add to the dry ingredi-

ents. Mix well.

**3** Spray baking trays with cooking spray and place teaspoonsful of the mixture on the trays. Bake in moderate oven (180°C) for 15 to 18 minutes until golden brown. Allow to cool before removing from the tray.

*Serves 12. Each serve (3 cookies) provides: 3/4 fat, 1/2 bread and 300 extra kilojoules. Fat = 2.5g Fibre = 0.5g*

## CHOCOLATE FRUIT

- 60 gms Nestlé Plaistowe  
Rich Dark Chocolate
- 2 tsp reduced fat margarine
- 15 ml hot water
- 200 gms strawberries
- 2 large kiwi fruit
- decorative tooth picks to insert  
in fruit
- 60 gms Nestlé White Melts

**1** Spray a baking tray with cooking spray.

**2** In a double boiler over barely simmering water, melt the dark chocolate with 1 tsp of the margarine. When chocolate is melted, remove from heat and stir in 15 ml hot water until smooth.

**3** Wash and dry the fruit. Peel the kiwi fruit and slice each into 4 thick pieces. Insert tooth picks firmly into the fruit. Dip half the strawberries and half the kiwi fruit into the melted dark chocolate, twirling to coat, letting excess drip back into the pan. Repeat using the white chocolate and remaining half of the strawberries and kiwi fruit.

**4** Place dipped fruit on baking sheet and place in freezer for 10 minutes to set chocolate. Refrigerate until ready to serve. Serve on the same day.

*Serves 4. Each serve provides: 1/2 fat, 3/4 fruit and 640 extra kilojoules.*  
*Fat = 10g Fibre = 3g*

*Above right: Gingerbread Men, Almond Bread, Chocolate Oatmeal Macaroons, Chocolate Fruit and Snow Cups (recipe on page 90)*





## PROFITEROLES WITH CHOCOLATE CREAM FILLING

### CHOUX PASTRY:

150 mls water

50 gms reduced fat margarine

65 gms plain flour, sifted

2 eggs beaten

### FILLING:

1½ tbs custard powder

1½ tbs cocoa powder

2 tbs Splenda

1 tbs icing sugar

150 mls Weight Watchers Long Life Skim Milk

150 mls thickened cream, whipped

### PASTRY:

**1** Heat the water and margarine in a small saucepan until the margarine melts. Bring to the boil.

**2** Remove the pan from the heat and beat in the flour. Beat with a wooden spoon until it leaves the sides of the pan clean.

**3** Cool the mixture slightly and gradually beat in the eggs, beating between each addition. (The mixture should be smooth and glossy).

**4** Fill a piping bag, fitted with a large plain nozzle, with the choux pastry. Pipe 20 even-sized balls onto 2 dampened baking trays. Bake in a pre-heated oven, 200°C, for 20 to 25 minutes, until well risen.

**5** Split each of the choux balls and let the steam escape. Return to the oven for a further 2 minutes.

### FILLING:

**1** Mix the custard powder, cocoa, Splenda and icing sugar with a little of the milk. Boil the remaining milk and stir it into the custard powder mixture.

**2** Rinse the saucepan and return the custard to the pan and cook for a few minutes. Beat the custard well with a wooden spoon and pour it into a bowl to cool. (Cover the bowl with cling plastic wrap to prevent a skin forming.)

**3** Stir the cream into the custard, making sure there are no lumps.

**4** Fill a large piping bag, fitted with a plain nozzle, with the custard cream and fill the cold choux balls. Makes 20 small profiteroles.

*Serves 4. Each serve (5 profiteroles) provides: 1¼ fat, 1 bread and 735 extra kilojoules. Fat = 23g Fibre = 1g*

## CHOCOLATE HONEYCOMB

- 15 gms gelatine
- ¼ cup Splenda
- 3 eggs, separated
- 450 mls Weight Watchers Long Life Skim Milk
- 75 gms Nestlé Choc Bits
- vanilla essence

**1** Place the gelatine, Splenda and egg yolks into a basin and beat until creamy.

**2** Heat the milk in a small saucepan. Add the Choc Bits and stir until dissolved. Pour the chocolate milk over the beaten egg yolk and gelatine mixture. Put the bowl over a pan of gently simmering water and stir continuously until the mixture is thick. Set aside to cool. Add a few drops of vanilla essence to the chocolate mixture when cool.

**3** Whisk the egg whites until stiff but not dry. Fold into the chocolate mixture.

**4** Rinse a 3 cup jelly mould with water and pour the chocolate mixture into the prepared mould. Refrigerate until set. Remove from mould carefully before serving.

*Serves 4. Each serve provides: ½ milk, ¾ protein and 435 extra kilojoules.*

*Fat = 14g Fibre = 0g*

## SNOW CUPS

*(pictured on page 89)*

- 120 gms Nestlé White Melts
- 360 gms ricotta cheese
- 3 tsp cocoa powder
- 1 tsp vanilla essence
- 2 tbs Splenda
- 1 to 2 tbs Weight Watchers Long Life Skim Milk
- 6 strawberries, halved

**1** In a double boiler over simmering water, melt the chocolate, stirring until smooth. Remove from the heat.

**2** Stack several paper patty cases together and, with a teaspoon, coat the inside with the melted chocolate, 1 to 2 tsp should be sufficient for each chocolate cup.

**3** Allow to harden in the freezer for 10 to 15 minutes.

**4** In a small bowl, beat the ricotta cheese with the cocoa powder, vanilla essence, Splenda and sufficient skim milk to make a whipped cream consistency.

**5** Remove the paper cases carefully from the chocolate cups. Fill a piping bag with the ricotta mixture and pipe into the prepared chocolate cups. Top each cup with a strawberry.

*Serves 12. Each serve provides:*

*½ protein and 230 extra kilojoules.*

*Fat = 6.5g Fibre = 0g*

## CHOCOLATE ICECREAM

- 100 gms Nestlé Milk Melts
- 625 mls evaporated skim milk
- 4 egg yolks
- 2 tbs custard powder
- ⅓ cup Splenda

**1** Place the chocolate into a saucepan with a little milk. Stir over low heat until the chocolate melts and forms a smooth paste. Add the remaining milk.

**2** Whisk the egg yolks, custard powder and Splenda together until thick and lighter in colour. Whisk into the chocolate milk. Whisk continually over low heat until the mixture thickens.

**3** If you have an icecream machine, transfer the mixture to the freezing can and follow the usual procedure. Otherwise, place the mixture into lamination trays and freeze for 30 minutes. Tip the partially frozen mixture into a mixing bowl and beat until smooth. Repeat this process every 30 minutes until the icecream is really thick. Freeze until ready to serve.

*Serves 4. Each serve provides: 1¼ milk, 1 protein, ¼ bread and 580 extra kilojoules. Fat = 12g Fibre = 0g*

## CHOC CHIP COOKIES

- ½ cup sweetened condensed skim milk
- 4 tbs reduced fat margarine
- 2 tbs Splenda
- 1 egg
- 1½ cups self raising flour
- 60 gms Nestlé Choc Bits

**1** Cream together the condensed milk, margarine and Splenda in a medium bowl using a wooden spoon.

**2** Beat in the egg then the flour and Choc Bits.

**3** Roll into 32 walnut-size balls and place 2 cm apart on a baking tray that has been sprayed with cooking spray. Press each cookie down with the back of a fork and bake at 180°C for 15 minutes or until cookies are light golden brown and firm to touch.

*Serves 8. Each serve (4 cookies) provides: ¼ milk, 1 fat, 1 bread and 405 extra kilojoules. Fat = 7g Fibre = 1g*



*We may give  
without loving, but  
we cannot love  
without giving*



*Right: Choc Chip Cookies*





# Drinks

*Ideal for entertaining, these favourite low-joule drinks will delight friends and family.*

## TROPIC DELIGHT

- 160 gms fresh pineapple, roughly chopped
- 1 small banana, chopped
- 1 small mango, peeled and chopped
- 1½ cups buttermilk
- 6 ice cubes
- 3 large passionfruit
- 1 tsp Angostura Bitters
- 500 ml low joule lemonade

**1** Pureé the pineapple, banana, mango and buttermilk with the ice cubes.  
**2** Add the passionfruit, Angostura Bitters and lemonade and stir through.  
Pour into tall, chilled glasses.  
*Serves 6. Each serve provides: ⅓ milk, 1 fruit and 10 extra kilojoules. Fat = 1.5g Fibre = 3.5g*



## STRAWBERRY FIZZ

- 2 cups strawberries
- 6 tsp Weight Watchers Strawberry Jam
- 1½ cups buttermilk
- 2 cups soda water, chilled
- 6 ice cubes.

**1** In a food processor or blender, process the strawberries, jam, buttermilk and ice cubes.  
**2** Pour the pureé into a jug and stir in the soda water.  
*Serves 4. Each serve provides: ½ milk, ½ fruit and 10 extra kilojoules. Fat = 1g Fibre = 1.5g*

## WATERMELON COOLER

- 1 kg watermelon flesh, no seeds
- ½ cup orange juice
- ½ cup lemon juice
- ¼ cup Splenda
- ¾ cup strawberries, sliced
- 2 cups mineral or soda water

**1** In a food processor or blender, combine watermelon, Splenda and juices and process until smooth.  
**2** Pour into a jug, cover and refrigerate for several hours.  
**3** Divide the sliced strawberries evenly between 8 tall glasses. Mix the watermelon mixture with the mineral or soda water and divide evenly between the glasses.  
*Serves 8. Each serve provides: 1 fruit and 25 extra kilojoules. Fat = 0.5g Fibre = 1g*

*Right: Watermelon Cooler*







### MALTED CHOCOLATE SHAKE

2 tsp brown sugar  
4 tsp cocoa powder  
375 ml Weight Watchers Long Life Skim Milk  
60 ml reduced fat vanilla icecream  
2 tsp malted milk powder  
shake of nutmeg

**1** Combine all ingredients, except nutmeg in a blender and whip until frothy. Pour into 2 glasses. Shake nutmeg lightly on top.  
*Serves 2. Each serve provides: 3/4 milk and 300 extra kilojoules. Fat = 2g Fibre = 0.5g*

### BANANA SHAKE

60 ml reduced fat chocolate icecream  
1 tbs cocoa powder  
1 tbs Splenda  
1 banana  
375 ml Weight Watchers Long Life Skim Milk  
ice cubes

**1** Combine all ingredients in a blender and whip until thick and frothy.  
*Serves 2. Each serve provides: 3/4 milk, 1/2 fruit and 170 extra kilojoules. Fat = 1.5g Fibre = 2g*

*Above: Malted Chocolate Shake*

### HONEY MALT SHAKE

1 1/2 tbs honey  
3 tsp Splenda  
1 tbs Malted Milk Powder  
375 ml Weight Watchers Long Life Skim Milk, icy cold

**1** Combine all ingredients in a blender and whip until thick and frothy.  
*Serves 2. Each serve provides: 3/4 milk and 280 extra kilojoules. Fat = 0.5g Fibre = 0g*

### SUPPER COCOA

2 tbs cocoa  
1/4 cup Splenda  
1 1/2 cups water  
1 x 375 ml can evaporated skim milk  
4 marshmallows

**1** Combine the cocoa and Splenda in a small bowl.  
**2** Combine the water and milk in a medium saucepan.  
**3** Mix 3 tbs of the water and milk mixture with the cocoa and Splenda mixture. Stir until smooth.  
**4** Combine the cocoa mixture in the saucepan with the remaining milk. Heat over low heat for 5 to 6 minutes.  
**5** Place a marshmallow in each of 4 cups and pour hot cocoa over. Stir and serve.  
*Serves 4. Each serve provides: 3/4 milk and 140 extra kilojoules. Fat = 1.5g Fibre = 0.5g*





# Index

## SOUPS

Cheesy Vegetable Soup In Bread Bowls	6
Chicken & Corn Chowder	7
Curried Chicken Soup With Almonds	4
Meaty Tomato Soup	4
Minestrone	7
Mushroom And Potato Soup	6
Pumpkin Soup	6
Spring Vegetable Soup	6

## LUNCHES & SNACKS

Cheese & Chive French Toast	12
Cheese And Ham Pinwheels	10
Cheese And Tomato French Toast	12
Cheese Dip	14
Cheesy Muffin Melts	13
Chilli Cheese Hamburgers	8
Creamy Nutty Cheese Sandwiches	10
Crunchy Crust French Toast	15
Crunchy Tuna Dip With Lavash Bakes	15
Crusty Meatloaf	14
Mushroom And Tomato Bread Bakes	12
One Step Quiche	13
Pita Pizzas	8
Potato Omelette	14
Savoury Ham Bread Bakes	12
Spanish Onion And Herbed Cottage Cheese Dip	10
Strudel And Custard Bread Bakes	12
Turkey Crepes	14

## MAIN COURSES

<b>MEAT</b>	
Creamy Peppercorn Veal	21
Enchiladas	16
Fruity Lamb Casserole	22
Herbed Pork Casserole	21
Herbed Lamb Roast	22
Lamb Curry	22
Lamb Pot Roast	22
Meatloaf	16
Old Fashioned Beef Curry	18
Pizza Pie	21
Steak And Kidney Pie	18
Steamed Meat And Vegetable Pudding	18
Summer Pork Kebabs	22
Surprise Pork Patties	23
Veal Marsala	21
<b>POULTRY</b>	
Chicken Sausage Casserole	26
Chilli Drumsticks	26
Farmhouse Chicken Hot Pot	24
Golden Chicken Flan	24
Grilled Seasoned Chicken Fillets	26
Roast Turkey With Apple And Raisin Seasoning	26
Spicy Chicken Kebabs	26

Tandoori Chicken With Yoghurt Dressing	24
--	----

## FISH

Fish Hot Pot	30
Fish Kedgeriee	28
Haricot Tomato Loaf	34
Honey Ling	30
Impossible Pie	28
Quick Creamy Tuna	28
Salmon Quiche	28
Satay Prawns	28
Sesame Prawns	30
Stuffed Potatoes	30

## VEGETARIAN

Cheese And Vegetable Pie	32
Chilli Dumplings	34
Cottage Cheese Loaf	33
Country Corn Bake	34
Eggs And Rice With Hot Yoghurt Dressing	34
Lentil Roast	32
Stuffed Cabbage Rolls	32
Vegetable Flan	32

## PASTA

Chicken Jambalaya	36
Cheesy Lasagne Slice	37
Gnocchi Salad	36
Lasagne	38
Ricotta And Spinach Agnolotti With Pesto Meat Sauce	36
Spaghetti Slice	38
Spicy Veal Tortellini	36

## VEGIES, RICE & SALADS

Bean Salad	51
Baked Savoury Creamed Rice	44
Braised Green Beans	42
Caesar Salad	51
Cauliflower Cheese	40
Curried Rice Salad	47
Florentine Rice Slice	46
Herbed Rice	46
Honeysuckle Potatoes	42
Lentil Salad	48
Melon And Cucumber Salad	51
Mexican Pancakes	46
Pumpkin And Spinach Bake	40
Ratatouille	42

Risotto	44
Salmon Rice With Asparagus	44
Saucy Baby Squash And Cauliflower Vegetables	42
Savoury Tomatoes	44
Spicy Potato Salad	48
Stuffed Capsicum	47
Summer Rice Salad	46
Tomato Salad	48
Vegetable Patties	42
Waldorf Salad	48
Zucchini Slice	42

## SAUCES & PRESERVES

BBQ Sauce	52
Brandy Apricot Sauce	56
Creamy Passionfruit Sauce	58
Favourite French Dressing	54
Hawaiian Pineapple Sauce	54
Hot Fudge Sauce	56
Lemon Cheese	58
Mango And Ginger Sauce	56
Melba Sauce	56
Mornay Sauce	54
No-Oil Salad Dressing	54
Old Fashioned Custard Sauce	58
Plum Chutney	58
Tomato Relish	52
Salsa	52
Seafood Cocktail Sauce	54
Simple Yoghurt Dressing	54
Strawberry Sauce	58

## PUDDINGS & PIES

Apple & Almond Custard Flan	64
Baked Semolina Custard	67
Banana Buttermilk Pancakes	64
Banana Slice With Lemon Custard	64
Caramel Pastry Roll	63
Christmas Pudding	60
Cinnamon Custard	60
Creamy Baked Apricot Rice Pudding	64
Creamy Coconut Rice	63
Fruit Mince Tarts	63
Fruit Salad Icecream	66
Lemon Delicious	67
Passionfruit Banana Whip	66

Pineapple Roll	66
Pumpkin Pie	66
Quick Apple Dumplings	64
Rhubarb And Apple Crumble	66
Rhubarb Delight	65

## BAKING

Apple Cake	80
Apricot Slice	82
Apricot Squares	82
Banana And Apple Cake	80
Banana Bread	72
Banana Choc Chip Muffins	80
Blueberry Muffins	74
Carrot Pineapple Cake	76
Catherine Wheels	84
Chocky Rocks	82
Cinnamon Drops	84
Cinnamon Rolls	68
Corn Bread	70
Crisp Bubble Biscuits	84
Date Loaf	74
Date Slice	81
Dinner Rolls	70
Fancy Chocolate Sponge Cake	74
French Onion Bread	72
Jam Slice	81
Meringues	82
Oaties	82
Orange Cake	76
Pineapple Rock Cakes	84
Potato Bread	68
Potato Cake	80
Pumpkin Fruit Cake	80
Pumpkin Scones	70
Simply Delicious Chocolate Cake	74
Sultana Cornflake Cookies	84
Tea Cake	76
Walnut Bread	72
Yoghurt And Caraway Seed Bread	72

## CHOCOLATE

Almond Bread	88
Choc Chip Cookies	90
Choc Mousse	86
Chocolate Custard	86
Chocolate Fruit	88
Chocolate Honeycomb	90
Chocolate Icecream	90
Chocolate Oatmeal Macaroons	88
Chocolate Orange Dessert Cake	86
Gingerbread Men	88
Profiteroles	89
Snow Cups	90

## DRINKS

Banana Shake	94
Honey Malt Shake	94
Malted Chocolate Shake	94
Strawberry Fizz	92
Supper Cocoa	94
Tropic Delight	92
Watermelon Cooler	92





# Measurements

## CUP AND SPOON MEASUREMENTS

To ensure accuracy in your recipes, use the standard metric measuring equipment approved by Standards Australia:

(a) 250 millilitre cup for measuring liquids. A little jug (capacity 4 cups) is also available.

(b) a graduated set of four cups — measuring 1 cup, half, third and quarter cup — for items such as flour, sugar, etc. When measuring in these fractional cups, level off at the brim.

(c) a graduated set of four spoons: tablespoon (20 millilitre liquid capacity), teaspoon (5 millilitre), half and quarter teaspoons. The Australian, British and American teaspoon each has 5ml capacity.

## Approximate cup and spoon conversion chart

Australian	American & British
1 cup	1¼ cups
¾ cup	1 cup
⅔ cup	¾ cup
½ cup	⅔ cup
⅓ cup	½ cup
¼ cup	⅓ cup
2 tablespoons	¼ cup
1 tablespoon	3 teaspoons

## OVEN TEMPERATURES

Electric	C°	F°
Very slow	120	250
Slow	150	300
Moderately slow	160-180	325-350
Moderate	180-200	375-400
Moderately hot	210-230	425-450
Hot	240-250	475-500
Very hot	260	525-500

Gas	C°	F°
Very slow	120	250
Slow	150	300
Moderately slow	160	325
Moderate	180	350
Moderately hot	190	375
Hot	200	400
Very hot	230	450

● Fat grams shown here are per serve.

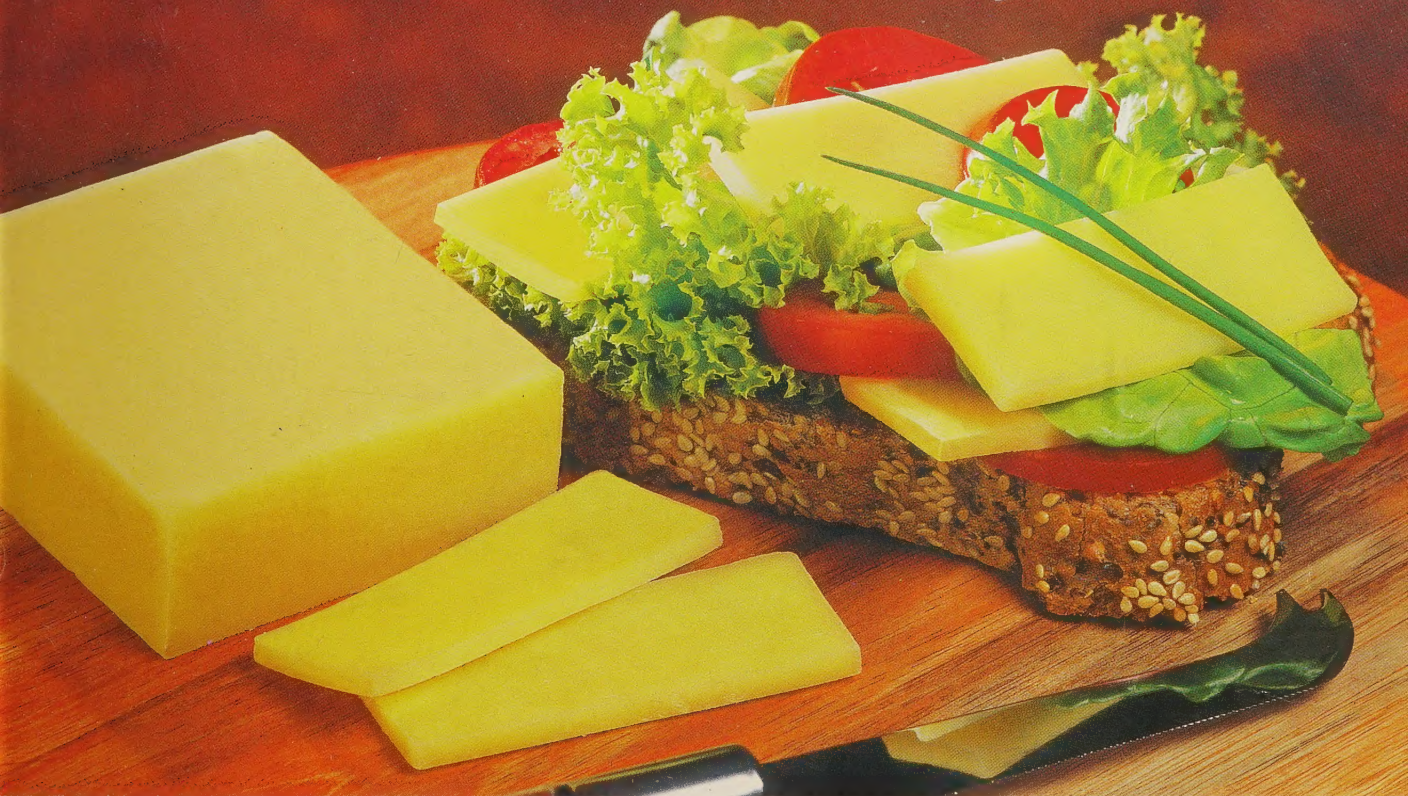
● We have used large eggs with an average weight of 60g each in all recipes.

● All spoon measurements are level.

Note: NZ, USA and UK all use 15ml tablespoons.



# All the taste with 35% less fat\*



If you thought that reducing the fat in cheese meant losing the flavour... it's time you tried Weight Watchers great tasting cheddar cheeses.

All three varieties - block, shredded and individually wrapped slices have 35% less fat than standard cheddar, but still taste delicious in your favourite recipes, or enjoyed in a simple snack.



Weight Watchers cheddar is the only cheese specially designed to fit into

Weight Watchers 'Fat & Fibre Plan' and the classic 'Selections Programme'. You'll find all the nutritional details you need on the back of the packs, so... bon appetit!

For further information on Weight Watchers meetings, phone 13 1997.

\*Typical analysis has shown a minimum of 35% less fat than regular cheddar cheeses.

**Weight Watchers®**

© A food licensee of Weight Watchers International Inc. The owner of the Weight Watchers trademark.





LEMON  
CHEESE

KQ-876-060

ISBN 0-646-21525-6



\$9.95 9 780646 215259